



Women in table tennis

All levels. All welcome. All women.

A welcoming place to play, learn and belong

Spin Sisters is a welcoming initiative created to encourage, support and develop women and girls in table tennis. It is open to players from beginners through to intermediate and advanced levels.

What to expect

- 01 Structured rotations** Play with a variety of partners and opponents.
- 02 Coaching access** Dedicated one-on-one intervals and support.
- 03 Mixed playing levels** Build skills, confidence and match play.
- 04 Focused practice** Robot support for beginners and a service table.

Session Details

Most Saturdays • 3:30pm – 5:30pm • \$15 per session

HEATT • 72 Stradbroke Rd • Newton

Bookings are essential so the right number of coaches can be rostered for the best possible experience.

[BOOK YOUR PLACE](#)

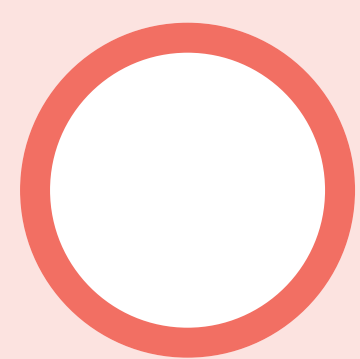


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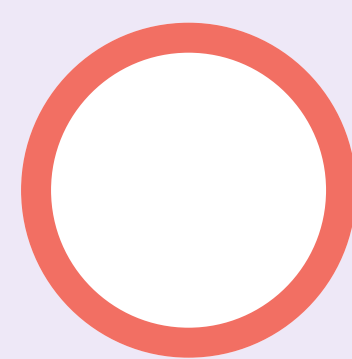
FIND YOUR NEXT RALLY

A Saturday session designed around women's development, confidence and connection.



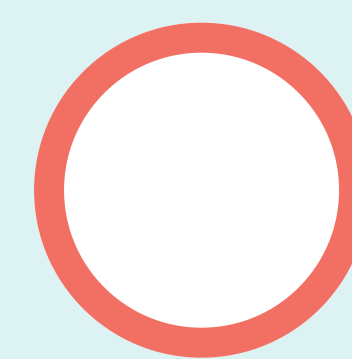
PLAY

Structured rotations and match play with different partners.



LEARN

Coaching intervals, beginner robot practice and a service table.



CONNECT

A supportive group for beginners, intermediate and advanced players.

How a session flows

- 1 Arrive & warm up
- 2 Rotate through games
- 3 Coach intervals
- 4 Focused practice
- 5 Match play & wrap-up

Next Session

Most Saturdays

3:30pm – 5:45pm

\$15 per session

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SCAN TO BOOK

Ready to play?

Commit early and book your place so coaching numbers can be planned properly.

BOOK NOW

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