

WHY TENNIS?

Research has found that early positive experiences in sports create a lifelong commitment to an active lifestyle. Tennis is fun for kids of all ages and levels; with minimal risk of injury the sport provides many social, health, and psychological benefits.

SOCIAL BENEFITS



New friends



Quality time with family



Positive learning environment



Learn teamwork and communication

HEALTH BENEFITS



Stay active



Both an aerobic and anaerobic exercise



Enhances coordination and flexibility



Increases bone strength

PSYCHOLOGICAL BENEFITS



Learn sportsmanship



Develops character and integrity while having fun



Builds discipline and work ethic



Improves social skills