The destination for all youth programs and events

**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