

The destination for all youth programs and events

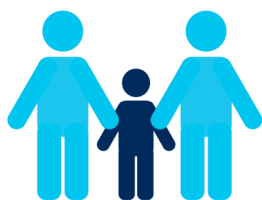
## WHY TENNIS?

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



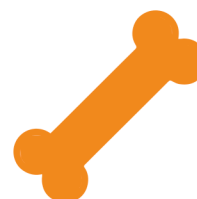
Stay active



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