

Tennis is a great physical and mental game. It is a low-impact sport that is easy to learn and fun to play. Tennis is considered a lifelong sport because people of all ages can play, and only two people are needed to play a game.

It is never too late to learn!

Tennis can improve:

- Body coordination
- Agility
- Balance
- Flexibility

It can also help:

- Strengthen bones
- Lower blood pressure
- Lower cholesterol

Mental benefits of tennis:

- Stress relief
- Can reduce depression, anger, and anxiety
- Requires tactical thinking and coordination of body parts
- It can improve neural connections and lead to the development of new neurons, improving brain function.

...What are you waiting for?!

Shadow Valley Pro Staff

Jim Davis, USPTA Master Professional
Justin Swiger, Head Pro
Cesar Balibrea
AJ Szozda
Mady Arquette
Julie Britton

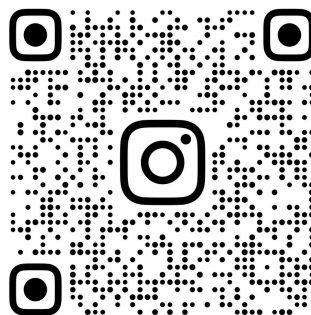
Get in the game today at...

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svc.tennis

Grab your phone and scan the QR code
using the camera function.



SVC.TENNIS

Shadow Valley Tennis & Fitness Club

**2025 - 2026
Tennis 101**



Shadow Valley Club
1661 S. Holland-Sylvania Rd.
Maumee, Ohio 43537

(419) 865 - 1141

Learn to play in just 6 weeks!

Tennis 101 is a USTA program that provides a fun approach to tennis. It teaches adults how to play tennis through a series of six classes. This class is for brand-new beginners or those who have been out of the game for a while and need a refresher. Each class includes on-court practice and play. Students will learn the fundamentals of tennis, including the serve, forehand, backhand, and volleys. Also taught strategies, as well as rules and procedures for singles and doubles play.

There are 3 sessions of 6 week classes.

*Tennis 101 is for young - adults to seniors.
All ages are welcome, starting at age 18
and up.*

*For those ages 18 and under, please refer
to our junior program guide for
information.*

Enjoy other great benefits while enrolled in a Tennis 101 class:

Free Membership to Club

Participants receive a FREE gold membership during this beginner program, allowing them to use the courts and fitness center.

Free Practice Sessions

Walk-on courts may be used at no additional charge, to practice the skills and techniques learned in class.

Use of Ball Machine

Tennis 101 participants may rent the ball machine to practice at the member rate of \$15.00 per hour.

OR

Participants may purchase a ball machine membership for \$30.00 for the duration of their 6-week class.

**Program participants will also receive
member pricing on any lessons or
programming.*

Classes are constantly forming!

We form classes based on what works best for you.

\$79 - 6 (1-hour classes)

\$120 - 6 (1.5-hour classes)

**Do you have your own group of
four or more that is interested in
forming your own private group?
We can help you arrange a private
class time with one of our pros!**

**For more information or to get
registered for a class:**

Call the club at **(419) 865-1141** or email
the managers listed below:

Jenn Walton, Manager
jennwaltonsvc@gmail.com

Julie Britton, Manager
juliebrittonsvc@gmail.com