

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 life-long 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
- Can improve neural connections and lead to developing new neurons, improving brain function

...What are you waiting for?!

Get in the Game At...

**SHADOW VALLEY
TENNIS & FITNESS CLUB**

1661 S. Holland-Sylvania Road

Maumee, Ohio 43537

419/865-1141

**Follow us on
Facebook @
Shadow Valley Tennis
and Fitness**



**Shadow Valley
Maumee**

1661 S. Holland-Sylvania Rd.
Maumee, Ohio 43537
419/865-1141

**Tennis
101**



**Learn to play tennis
in only 6 weeks
for \$79.00**

jennwaltonsvc@gmail.com

Learn to play in just 6 weeks for only \$79!

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 one-hour 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 & play. Students will learn the fundamentals of tennis including the serve, forehand, backhand, volley, and basic strategy as well as rules and procedures for singles and doubles play.

Classes meet once a week for an hour for 6 weeks.

Tennis 101 is for young- adults to seniors. All ages are welcome, starting at age 16 and up.

For those ages 15 and under, please refer to our junior program guide for information on our JV Futures program.

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 at either location to practice the skills and techniques learned in class.

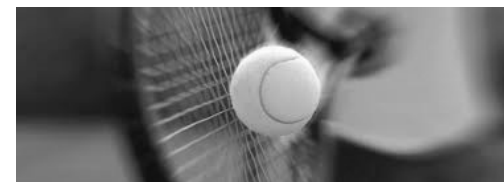
- **USE OF BALL MACHINE**

Tennis 101 participants may rent the ball machine to practice at the member rate of \$15 per hour.

OR

Participants may purchase a ball machine membership for \$30 for the duration of their 6 week class.

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



Classes are constantly forming!

We form classes based on what works best for you. Classes are offered during the day, at night, and on weekends at both locations.

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

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

Please contact Jenn at jennwaltonsvc@gmail.com with any questions.