

Tennis is a fun, lifelong sport that benefits both the body and mind. It's easy to learn, low-impact, and enjoyable for players of all ages and skill levels.

Whether you're looking for fitness, friendly competition, or a new hobby, tennis offers something for everyone.

It is never too late to learn!

Tennis can improve:

- Hand-eye coordination
- Agility
- Balance
- Flexibility
- Cardiovascular fitness

It can also help:

- Strengthen bones
- Lower blood pressure
- Improve heart health
- Support healthy weight management
- Increase confidence

Mental benefits of tennis:

- Relieves stress
- Reduces symptoms of anxiety and depression
- Improves focus and concentration
- Enhances coordination and reaction time
- Encourages social connection and teamwork
- Supports lifelong brain health and cognitive function
- Develops strategic thinking and quick decision making

Shadow Valley Pro Staff

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

Get in the game today at...

SHADOW VALLEY TENNIS CLUB

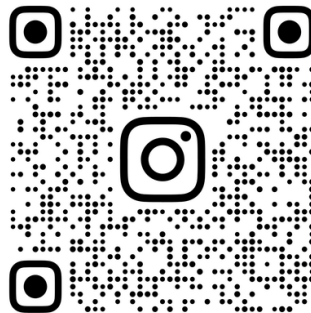
Website

<https://www.shadowvalleyclub.com/>



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SVC.TENNIS

Shadow Valley Tennis & Fitness Club

**2026 - 2027
Tennis 101**



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

(419) 865 - 1141

Tennis 101 is a beginner-friendly USTA program designed to introduce adults to the game in a fun, supportive environment. Through the 6 weekly classes, participants learn the fundamentals of tennis while enjoying on-court instruction, practice, and play. Perfect for brand new players or those returning to tennis after time away, the program covers:

- Forehand, backhand, serve, and volley
- Basic singles and doubles strategy
- Rules, scoring, and court etiquette
- Live point play and game situations

Classes meet once a week for six weeks per session. Three sessions offered.

Upon graduation, your pro will help guide you into the next appropriate program. Early advancement is at the discretion of the teaching professional.

Enjoy These Exclusive Tennis 101 Benefits:

- **Free Club Membership**

Receive a complimentary Gold Membership for the duration of the Tennis 101 program, including access to the club and fitness center.

- **Free Practice Courts**

Practice what you learn during class on available walk-on courts at no additional charge.

- **Member Pricing**

Participants will receive member pricing on all clinics, lessons, drills, and events.

Tennis 101 is open to players ages 18 and up.

Players ages 18 and under should refer to our Junior Program Brochure for available classes and program information.

Classes are constantly forming!

\$79 - 6 (1-hour classes)

\$120 - 6 (1.5-hour classes)

If you have a group that is interested in forming a private clinic, please reach out, and we can help you arrange with 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