



Leisure Services Department **Parks and Recreation**

Group Tennis Lessons

Tennis for the "Health of It." Tennis is the sport of a lifetime and you are never too old to start. It provides *aerobic and anaerobic fitness* by improving your cardiovascular fitness and maintaining high levels of energy by offering short, intense bursts of activity followed by short periods of rest which helps muscles use oxygen efficiently. It strengthens bones of younger players and helps prevent osteoporosis in older ones. Certified professionals help make this program fun and provide a great learning environment for the early stages of competition. **Have fun and stay fit!**

Beginner

For the new player! Grips, footwork, forehand and backhand groundstroke's, volleys and serve will be introduced.

Intermediate

Participants will focus on coordinating movement and balance, hitting the ball with purpose and direction, and improve skill level through strengthening of the fundamentals learned in the Beginner level.

Advanced

Emphasis will be on incorporating skills into playing situations. Topspin and slice will be introduced. Drills and playing situations to include ball movement and control of varying ball speeds with shot anticipation.