

Welcome to our Adult Red Ball Tennis Program! Designed specifically for beginners and those returning to the sport, this program offers a fun, engaging, and low-pressure environment to learn and improve your tennis skills while playing. Whether you're looking to stay active, meet new people, or enjoy the game, our program is perfect for you.



## **EASY TO LEARN:**

Red balls are larger and slower, making them easier to hit and control. This allows you to focus on developing your playing skills on the court.



## **GET FIT:**

Tennis is a great way to improve your cardiovascular health, strength, and agility.

When: September 18 - October 11

Ages: 18+ or with approval

Class Limit: 16

**Cost:** Entry Pass/ Free for Passholders (Open Play)

Registration required for all lessons!

## **The Station Recreation Center**

Beginner: Wednesdays, 9/18 – 10/9, 12-3pm (Lessons 12-1pm) Intermediate: Fridays, 9/20 – 10/11, 12-3pm (Lessons 12-1pm)

## **Moore Community Center**

Beginner/Intermediate: Thursdays, 9/19 – 10/10, 5-8pm (Lessons 5-6pm)



