

# Tennis

## TENNIS: TOTS

Help your tot to develop hand-eye coordination while having fun outdoors. This class will introduce young students to the game of tennis. Development of basic pre-tennis skills will be taught in this program. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Parent participation requested.

Edison Community Center Tennis Court #3 Rivera, Goldie  
**9102.200** 3yrs to 5yrs 4/02 - 6/04 1:00pm-1:30pm Sa \$60  
**9102.201** 3yrs to 5yrs 4/02 - 6/04 1:30pm-2:00pm Sa \$60

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9103.200** 3yrs to 5yrs 3/28 - 5/30 11:00am-11:30am M \$60

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9192.200** 3yrs to 5yrs 4/01 - 6/03 11:00am-11:30am F \$60

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9104.200** 3yrs to 5yrs 3/30 - 6/01 3:00pm-3:30pm W \$60

## TENNIS: YOUTH BEGINNING

This class is designed for students with little or no tennis experience. Basic skills are introduced. Students will learn forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Rivera, Goldie  
**9106.200** 6yrs to 9yrs 4/02 - 6/04 2:00pm-3:00pm Sa \$77

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9107.200** 6yrs to 9yrs 3/29 - 4/28 3:30pm-4:30pm Tu Th \$77  
**9107.201** 6yrs to 9yrs 5/10 - 6/09 3:30pm-4:30pm Tu Th \$77

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9108.200** 10yrs to 13yrs 3/28 - 4/27 3:30pm-4:30pm M W \$77  
**9108.201** 10yrs to 13yrs 5/09 - 6/08 3:30pm-4:30pm M W \$77  
**9108.202** 10yrs to 13yrs 4/01 - 6/03 3:30pm-4:30pm F \$62

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9109.200** 10yrs to 13yrs 3/28 - 4/27 3:30pm-4:30pm M W \$77  
**9109.201** 10yrs to 13yrs 5/09 - 6/08 3:30pm-4:30pm M W \$77  
**9109.202** 6yrs to 9yrs 3/29 - 4/28 3:30pm-4:30pm Tu Th \$77  
**9109.203** 6yrs to 9yrs 5/10 - 6/09 3:30pm-4:30pm Tu Th \$77

Murdy Community Center Tennis Court #1 Rivera, Goldie  
**9110.200** 10yrs to 13yrs 4/01 - 6/03 5:30pm-6:30pm F \$77

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9111.200** 6yrs to 9yrs 4/02 - 6/04 12:30pm-1:30pm Sa \$77  
**9111.201** 6yrs to 9yrs 4/02 - 6/04 1:30pm-2:30pm Sa \$77

Marina Park Tennis Courts 15871 Gram St Rivera, Goldie  
**9112.200** 6yrs to 9yrs 3/29 - 4/28 3:30pm-4:30pm Tu Th \$77  
**9112.201** 6yrs to 9yrs 5/10 - 6/09 3:30pm-4:30pm Tu Th \$77  
**9112.202** 10yrs to 13yrs 3/29 - 4/28 4:30pm-5:30pm Tu Th \$77  
**9112.203** 10yrs to 13yrs 5/10 - 6/09 4:30pm-5:30pm Tu Th \$77

LeBard Tennis Courts Arbeiter, Andrew  
**9183.200** 6yrs to 9yrs 3/28 - 4/27 4:30pm-5:30pm M W \$77  
**9183.201** 6yrs to 9yrs 5/09 - 6/08 4:30pm-5:30pm M W \$77  
**9183.202** 10yrs to 13yrs 3/28 - 4/27 5:30pm-6:30pm M W \$77  
**9183.203** 10yrs to 13yrs 5/09 - 6/08 5:30pm-6:30pm M W \$77

## TENNIS: YOUTH INTERMEDIATE

Youth who enroll in this class will be expected to be able to rally the ball several times using forehand and backhand strokes. Crosscourt placement, services, lobs, overhands and strategy will be taught. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.



Edison Community Center Tennis Court #3 Danielson, Brenda  
**9113.200** 6yrs to 9yrs 3/29 - 4/28 4:30pm-5:30pm Tu Th \$77  
**9113.201** 6yrs to 9yrs 5/10 - 6/09 4:30pm-5:30pm Tu Th \$77

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9114.200** 10yrs to 13yrs 3/28 - 4/27 4:30pm-5:30pm M W \$77  
**9114.201** 10yrs to 13yrs 5/09 - 6/08 4:30pm-5:30pm M W \$77

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9115.200** 10yrs to 13yrs 3/28 - 4/27 4:30pm-5:30pm M W \$77  
**9115.201** 10yrs to 13yrs 5/09 - 6/08 4:30pm-5:30pm M W \$77  
**9115.202** 6yrs to 9yrs 3/29 - 4/28 4:30pm-5:30pm Tu Th \$77  
**9115.203** 6yrs to 9yrs 5/10 - 6/09 4:30pm-5:30pm Tu Th \$77

Marina Park Tennis Courts Rivera, Goldie  
**9186.200** 10yrs to 13yrs 3/29 - 4/28 5:30pm-6:30pm Tu Th \$77  
**9186.201** 10yrs to 13yrs 5/10 - 6/09 5:30pm-6:30pm Tu Th \$77

## TENNIS: YOUTH ADVANCED INTERMEDIATE

This class is designed for students who are competent in all of the skills taught in the intermediate class. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement and strategy. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9116.200** 10yrs to 13yrs 4/01 - 6/03 4:30pm-5:30pm F \$77

Murdy Community Center Tennis Court #1 Rivera, Goldie  
**9117.200** 10yrs to 13yrs 4/01 - 6/03 3:30pm-4:30pm F \$77

## TENNIS: JUNIOR ADVANCED

This class is geared to prepare young players (11-17 yrs) for more competitive tennis such as school teams. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9118.200** 11yrs to 17yrs 4/02 - 6/04 11:00am-12:30pm Sa \$90

## TENNIS: COMPETITIVE TEEN

Designed for teenagers who are playing or interested in playing high school tennis and/or tournaments. These classes will focus on improving basic strokes and strategy, introduction to spins and touch shots, along with the understanding of tennis rules, scoring and etiquette. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9119.200** 14yrs to 17yrs 4/01 - 6/03 5:30pm-6:30pm F \$77  
**9119.201** 14yrs to 17yrs 3/30 - 6/01 5:30pm-6:30pm W \$77

Murdy Community Center Tennis Court #1 Rivera, Goldie  
**9121.200** 14yrs to 17yrs 4/01 - 6/03 4:30pm-5:30pm F \$77

**TENNIS RAIN HOTLINE**  
**714-536-5246**

No class May 30

# Tennis

## USTA: COMPETITIVE TENNIS

USTA is here. Traveling to other tennis facilities throughout Orange County. You must have a current USTA membership number to register with USTA and have a NTRP rating level ([www.usta.com](http://www.usta.com)). Additional USTA fees not included. More info - contact Brenda Danielson, Tennis Scheduler, at 714-536-5246.

Murdy Community Center Tennis Court #1 Danielson, Brenda  
**TBA Adult TBA TBA TBA \$27**

## TENNIS: ADULT BEGINNING

For adult students with no experience or long forgotten past experience in tennis. Basic skills are introduced: forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9128.200 Adult 3/29 - 4/28 10:30am-12:00pm Tu Th \$95**  
**9128.201 Adult 5/10 - 6/09 10:30am-12:00pm Tu Th \$95**  
**9128.202 Adult 3/30 - 6/01 6:30pm-8:00pm W \$95**

Edison Community Center Tennis Court #3 Rivera, Goldie  
**9130.200 Adult 4/02 - 6/04 11:00am-12:30pm Sa \$95**

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9132.200 Adult 3/30 - 6/01 8:30pm-10:00pm W \$95**

Marina Park Tennis Courts Rivera, Goldie  
**9134.200 Adult 3/29 - 5/31 6:30pm-8:00pm Tu \$95**

LeBard Tennis Courts Arbeiter, Andrew  
**9184.200 Adult 3/28 - 5/30 6:30pm-8:30pm M \$95**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9196.200 Adult 3/31 - 6/02 5:30pm-7:00pm Th \$95**

Murdy Community Center Tennis Court #1 Nieto, Rafael  
**9207.200 Adult 4/02 - 6/04 9:30am-11:00am Sa \$95**



## TENNIS: ADULT ADVANCED BEGINNING

For those students who have recently had beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of balls to first class.

Murdy Community Center Tennis Court #1 Barrie, Monty  
 No class Feb. 15th.

**9136.200 Adult 3/29 - 4/28 9:30am-11:00am Tu Th \$95**  
**9136.201 Adult 5/10 - 6/09 9:30am-11:00am Tu Th \$95**

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9145.200 Adult 3/30 - 6/01 8:00pm-9:30pm W \$95**

LeBard Tennis Courts Arbeiter, Andrew  
**9185.200 Adult 3/30 - 6/01 6:30pm-8:00pm W \$95**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9194.200 Adult 3/29 - 5/31 7:00pm-8:30pm Tu \$95**

Marina Park Tennis Courts Ramirez, David  
**9200.200 Adult 4/02 - 6/04 8:00am-9:30am Sa \$95**

## TENNIS: ADULT INTERMEDIATE

For those students who have recently had beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.



Edison Community Center Tennis Court #3 Danielson, Brenda  
**9139.200 Adult 3/29 - 5/31 7:00pm-8:30pm Tu \$95**  
**9139.201 Adult 3/31 - 6/02 5:30pm-7:00pm Th \$95**

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9140.200 Adult 3/28 - 5/30 5:30pm-7:00pm M \$95**  
**9140.201 Adult 3/28 - 5/30 7:00pm-8:30pm M \$95**  
**9140.202 Adult 3/29 - 4/28 9:00am-10:30am Tu Th \$95**  
**9140.203 Adult 5/10 - 6/09 9:00am-10:30am Tu Th \$95**

Edison Community Center Tennis Court #3 Rivera, Goldie  
**9141.200 Adult 4/02 - 6/04 9:30am-11:00am Sa \$95**

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9142.200 Adult 3/28 - 5/30 5:30pm-7:00pm M \$95**  
**9142.201 Adult 3/28 - 5/30 7:00pm-8:30pm M \$95**  
**9142.202 Adult 3/30 - 6/01 5:30pm-7:00pm W \$95**  
**9142.203 Adult 3/29 - 4/28 8:00am-9:30am Tu Th \$95**  
**9142.204 Adult 5/10 - 6/09 8:00am-9:30am Tu Th \$95**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9195.200 Adult 3/31 - 6/02 7:00pm-8:30pm Th \$95**  
**9195.201 Adult 3/29 - 5/31 8:30pm-10:00pm Tu \$95**

## TENNIS: ADULT ADVANCED INTERMEDIATE

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9144.200 Adult 3/28 - 4/27 8:00am-9:30am M W \$95**  
**9144.201 Adult 5/09 - 6/08 8:00am-9:30am M W \$95**  
**9144.202 Adult 3/28 - 4/27 9:30am-11:00am M W \$95**  
**9144.203 Adult 5/09 - 6/08 9:30am-11:00am M W \$95**  
**9144.204 Adult 3/29 - 5/31 5:30pm-7:00pm Tu \$95**  
**9144.205 Adult 3/31 - 6/02 7:00pm-8:30pm Th \$95**

Edison Community Center Tennis Court #3 Rivera, Goldie  
**9146.200 Adult 4/02 - 6/04 8:00am-9:30am Sa \$95**

Marina Park Tennis Courts Rivera, Goldie  
**9205.200 Adult 3/31 - 6/02 6:30pm-8:00pm Th \$95**

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9147.200 Adult 3/30 - 6/01 7:00pm-8:30pm W \$95**

Murdy Community Center Tennis Court #1 Nieto, Rafael  
**9167.200 Adult 4/02 - 6/04 8:00am-9:30am Sa \$95**

Marina Park Tennis Courts 15871 Gram St Ramirez, David  
**9201.200 Adult 4/02 - 6/04 9:30am-11:00am Sa \$95**

# Tennis

## TENNIS: ADULT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Murdy Community Center Tennis Court #1 Barrie, Monty  
**9150.200 13yrs to Adult 3/28 - 5/30 8:30pm-10:00pm M \$95**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9193.200 Adult 3/29 - 5/31 5:30pm-7:00pm Tu \$95**  
**9193.201 Adult 3/31 - 6/02 8:30pm-10:00pm Th \$95**

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9149.200 Adult 3/28 - 5/30 8:30pm-10:00pm M \$95**

## TENNIS: HIGH SCHOOL CARDIO TENNIS

High energy fitness activity designed for high school varsity or JV players looking to maintain or improve conditioning, footwork & hand eye coordination. Class is taught by a certified tennis instructor. Class time devoted to stretching, fast paced drills, and lateral movement that elevate heart rate into aerobic training zone for a maximum workout burned. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #1 Nieto, Rafael  
**9182.200 14yrs to 18yrs 3/29 - 5/31 4:00pm-5:00pm Tu \$99**

Murdy Community Center Tennis Court #4 Nieto, Rafael  
**9187.200 14yrs to 18yrs 3/31 - 6/02 6:00pm-7:00pm Th \$99**



## TENNIS: CARDIO

For students of all levels that are interested in this new, fun group activity that gives players of all abilities a high energy workout. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Drop-ins welcome if there is space in class at \$10 per student (must contact instructor in advance for drop-ins).

Edison Community Center Tennis Court #1 Nieto, Rafael  
**9100.201 Adult 3/29 - 5/31 5:00pm-6:00pm Tu \$99**  
**9100.202 Adult 3/29 - 5/31 6:00pm-7:00pm Tu \$99**

Murdy Community Center Tennis Court #4 Nieto, Rafael  
**9101.200 Adult 3/28 - 5/30 9:00am-10:00am M \$99**  
**9101.201 Adult 3/28 - 5/30 10:00am-11:00am M \$99**  
**9101.202 Adult 3/31 - 6/02 7:00pm-8:00pm Th \$99**  
**9101.203 Adult 4/02 - 6/04 11:00am-12:00pm Sa \$99**

## TENNIS: SEMI-PRIVATE WORKOUT BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9181.200 Adult 3/28 - 5/30 11:30am-12:30pm M \$120**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9191.200 Adult 3/30 - 6/01 8:00am-9:00am W \$120**  
**9191.201 Adult 3/30 - 6/01 9:00am-10:00am W \$120**

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9204.200 Adult 3/29 - 5/31 8:30pm-9:30pm Tu \$120**

No class May 30

## TENNIS: SEMI-PRIVATE WORKOUT ADVANCED BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Class time is devoted to vigorous drills to enhance the player's techniques through personalized and concentrated sessions of instruction. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3 Nieto, Rafael  
**9151.200 Adult 3/29 - 4/28 8:00am-9:00am Tu Th \$120**  
**9151.201 Adult 5/10 - 6/09 8:00am-9:00am Tu Th \$120**

Edison Community Center Tennis Court #3 Danielson, Brenda  
**9166.200 Adult 3/30 - 6/01 11:00am-12:00pm W \$120**  
**9166.201 Adult 3/31 - 6/02 8:30pm-9:30pm Th \$120**

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9188.200 Adult 3/28 - 5/30 10:00am-11:00am M \$120**

Marina Park Tennis Courts Ramirez, David  
**9199.200 Adult 3/30 - 6/01 8:00am-9:00am W \$120**  
**9199.201 Adult 4/01 - 6/03 8:00am-9:00am F \$120**

## TENNIS: SEMI-PRIVATE WORKOUT INTERMEDIATE

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Murdy Community Center Tennis Court #1 Arbeiter, Andrew  
**9189.200 Adult 3/28 - 5/30 8:00am-9:00am M \$120**  
**9189.201 Adult 3/28 - 5/16 9:00am-10:00am M \$120**  
**9189.202 Adult 3/30 - 6/01 10:00am-11:00am W \$120**  
**9189.203 Adult 4/01 - 6/03 10:00am-11:00am F \$120**

Marina Park Tennis Courts Ramirez, David  
**9197.200 Adult 3/30 - 6/01 9:00am-10:00am W \$120**  
**9197.201 Adult 3/30 - 6/01 10:00am-11:00am W \$120**  
**9197.202 Adult 4/01 - 6/03 9:00am-10:00am F \$120**  
**9197.203 Adult 4/01 - 6/03 10:00am-11:00am F \$120**

## TENNIS: SEMI-PRIVATE WORKOUT - ADV. INTERMEDIATE

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Murdy Community Center Tennis Court #2 Arbeiter, Andrew  
**9190.200 Adult 4/01 - 6/03 8:00am-9:00am F \$120**  
**9190.201 Adult 4/01 - 6/03 9:00am-10:00am F \$120**





## TENNIS: SEMI-PRIVATE WORKOUT – ADVANCED

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Emphasis on team play and drills. Bring a tennis racket and one unopened can of USTA approved tennis balls to first class.

Marina Park Tennis Courts Ramirez, David  
**9206.200 Adult 3/28 - 5/30 9:00am-10:00am M \$120**

## TENNIS: PRIVATE LESSONS

For students who desire more individual attention, private lessons are available for one or two students at Murdy and Edison Community Centers for all levels. Dates and times to be arranged with the instructor. For registration information please contact Murdy or Edison Community Centers.

Edison Community Center Tennis Court #1		Danielson, Brenda	
<b>9154.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9154.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9154.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Edison Community Center Tennis Court #1		Nieto, Rafael	
<b>9155.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9155.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9155.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Edison Community Center Tennis Court #1		Rivera, Goldie	
<b>9156.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9156.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9156.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Murdy Community Center Tennis Court #1		Barrie, Montie	
<b>9157.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9157.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9157.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Murdy Community Center Tennis Court #1		Hall, Wesley	
<b>9158.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9158.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9158.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Murdy Community Center Tennis Court #1		Ramirez, Dvid	
<b>9159.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9159.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9159.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Murdy Community Center Tennis Court #1		Ramey, Mai-ai	
<b>9160.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9160.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9160.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

Murdy Community Center Tennis Court #1		Arbeiter, Andrew	
<b>9202.200</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>1-2 students \$52</b>
<b>9202.210</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>3-4 students \$62</b>
<b>9202.220</b>	<b>3yrs to Adult</b>	<b>3/28 - 6/11</b>	<b>5-6 students \$72</b>

# The Benefits of Tennis

Historically known as the “sport for a lifetime,” tennis can be played by just about anyone, at any stage of their fitness journey. As we all know, exercise is important for good health, and tennis has specific health benefits that gives it an edge over many other types of physical activity. Recreational tennis has health benefits for the cardiovascular system, the muscles, bones, agility levels and more. In addition, tennis is a fun activity that reduces stress. For children, learning how to play tennis early on can improve energy levels and enhance an individual’s confidence and optimism later on in life.

Below are just a few of the many benefits one can gain from participating in this illustrious activity:

- Heart Health
- Calorie Burning
- Interval Training
- Improves balance, dexterity, mobility and agility
- Mental Health Benefits

The community services department offers an array of tennis programs from beginner classes to advanced and a selection of new tennis workout programs. Choose between group lessons, semi-private or individual private lessons on days, times and locations that fit your schedule.

