

Tennis

MORE TENNIS LOCATIONS:

In our continuous effort to better serve the tennis needs of the citizens of Huntington Beach we have added two new tennis class locations. Marina Park (Graham & Edinger) and LeBard Park (20451 Craimer Ln) will offer the same high quality, low priced, professionally taught tennis classes that are offered at Murdy and Edison Community Centers.

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. No class July 4th.

Rivera, Goldie Edison Community Center Tennis Court #3
9102.300 3yrs to 5yrs 6/25 - 8/27 1:00pm-1:30pm Sa \$60
9102.301 3yrs to 5yrs 6/25 - 8/27 1:30pm-2:00pm Sa \$60

Danielson, Brenda Edison Community Center Tennis Court #3
9103.300 3yrs to 5yrs 6/20 - 8/29 11:00am-11:30am M \$60

Barrie, Monty Murdy Community Center Tennis Court #1
9104.300 3yrs to 5yrs 6/22 - 8/24 3:00pm-3:30pm W \$60

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9192.300 3yrs to 5yrs 6/24 - 8/26 11:00am-11:30am F \$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. No class July 4.

Rivera, Goldie Edison Community Center Tennis Court #3
9106.300 6yrs to 9yrs 6/25 - 8/27 2:00pm-3:00pm Sa \$77

Danielson, Brenda Edison Community Center Tennis Court #3
9107.300 6yrs to 9yrs 6/21 - 7/21 3:30pm-4:30pm Tu Th \$77
9107.301 6yrs to 9yrs 8/2 - 9/1 3:30pm-4:30pm Tu Th \$77

Nieto, Rafael Edison Community Center Tennis Court #3
9108.300 10yrs to 13yrs 6/20 - 7/25 3:30pm-4:30pm M W \$77
9108.301 10yrs to 13yrs 8/1 - 8/31 3:30pm-4:30pm M W \$77
9108.302 10yrs to 13yrs 6/24 - 8/26 3:30pm-4:30pm F \$77

Barrie, Monty Murdy Community Center Tennis Court #1
9109.300 6yrs to 9yrs 6/20 - 7/25 3:30pm-4:30pm M W \$77
9109.301 6yrs to 9yrs 8/1 - 8/31 3:30pm-4:30pm M W \$77
9109.302 10yrs to 13yrs 6/21 - 7/21 3:30pm-4:30pm Tu Th \$77
9109.303 10yrs to 13yrs 8/2 - 9/1 3:30pm-4:30pm Tu Th \$77

Rivera, Goldie Murdy Community Center Tennis Court #1
9110.300 10yrs to 13yrs 6/24 - 8/26 5:30pm-6:30pm F \$77

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9111.300 6yrs to 9yrs 6/25 - 8/27 12:30pm-1:30pm Sa \$77
9111.301 6yrs to 9yrs 6/25 - 8/27 1:30pm-2:30pm Sa \$77

Rivera, Goldie Marina Park Tennis Courts 15871 Gram St
9112.300 6yrs to 9yrs 6/21 - 7/21 3:30pm-4:30pm Tu Th \$77
9112.301 6yrs to 9yrs 8/2 - 9/1 3:30pm-4:30pm Tu Th \$77
9112.302 10yrs to 13yrs 6/21 - 7/21 4:30pm-5:30pm Tu Th \$77
9112.303 10yrs to 13yrs 8/2 - 9/1 4:30pm-5:30pm Tu Th \$77

Arbeiter, Andrew LeBard Tennis Courts - 20451 Craimer Ln
9183.300 6yrs to 9yrs 6/20 - 7/25 4:30pm-5:30pm M W \$77
9183.301 6yrs to 9yrs 8/1 - 8/31 4:30pm-5:30pm M W \$77
9183.302 10yrs to 13yrs 6/22 - 8/24 5:30pm-6:30pm W \$77

No classes July 4

TENNIS: YOUTH ADVANCED BEGINNING

New class! This class is designed for students that have recently had beginning tennis, who can successfully execute forehands, backhands, volleys and starting to serve. The class will focus on movement and ball placement. Bring an unopened can of USTA approved tennis balls to first class.

Danielson, Brenda Edison Community Center Tennis Court #3
9209.300 6yrs to 9yrs 6/21 - 7/21 4:30pm-5:30pm Tu Th \$77
9209.301 6yrs to 9yrs 8/2 - 9/1 4:30pm-5:30pm Tu Th \$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, overheads and strategy will be taught. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. No class July 4th.

Danielson, Brenda Edison Community Center Tennis Court #3
9113.300 6yrs to 9yrs 6/21 - 7/21 2:30pm-3:30pm Tu Th \$77
9113.301 6yrs to 9yrs 8/2 - 9/1 2:30pm-3:30pm Tu Th \$77

Nieto, Rafael Edison Community Center Tennis Court #3
9114.300 10yrs to 13yrs 6/20 - 7/25 4:30pm-5:30pm M W \$77
9114.301 10yrs to 13yrs 8/1 - 8/31 4:30pm-5:30pm M W \$77

Barrie, Monty Murdy Community Center Tennis Court #1
9115.300 6yrs to 9yrs 6/20 - 7/25 4:30pm-5:30pm M W \$77
9115.301 6yrs to 9yrs 8/1 - 8/31 4:30pm-5:30pm M W \$77
9115.302 10yrs to 13yrs 6/21 - 7/21 4:30pm-5:30pm Tu Th \$77
9115.303 10yrs to 13yrs 8/2 - 9/1 4:30pm-5:30pm Tu Th \$77

Rivera, Goldie Marina Park Tennis Courts 15871 Graham St
9186.300 10yrs to 13yrs 6/21 - 7/21 5:30pm-6:30pm Tu Th \$77
9186.301 10yrs to 13yrs 8/2 - 9/1 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.

Nieto, Rafael Edison Community Center Tennis Court #3
9116.300 10yrs to 13yrs 6/24 - 8/26 4:30pm-5:30pm F \$77

Rivera, Goldie Murdy Community Center Tennis Court #1
9117.300 10yrs to 13yrs 6/24 - 8/26 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.

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9118.300 11yrs to 17yrs 6/25 - 8/27 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.

Nieto, Rafael Edison Community Center Tennis Court #3
9119.300 13yrs to 18yrs 6/24 - 8/26 5:30pm-6:30pm F \$77
9119.301 13yrs to 18yrs 6/22 - 8/24 5:30pm-6:30pm W \$77

Rivera, Goldie Murdy Community Center Tennis Court #1
9121.300 14yrs to 17yrs 6/24 - 8/26 4:30pm-5:30pm F \$77

Tennis

TENNIS: COMPETITIVE TEEN CAMP

Designed for teenagers who are playing or are interested in playing high school tennis and/or tournaments. Focus on improving basic strokes and strategy, spins and touch shots, tennis rules, scoring, and etiquette. Match play will be included, awards presented on the last day of each camp. Drinks included. Siblings who attend the same week pay \$110.

Danielson, Brenda	Murdy Community Center Tennis Court #1
9172.300	12yrs to 18yrs 6/20 - 6/24 9:00am-12:30pm M-F \$120
9172.301	12yrs to 18yrs 7/18 - 7/22 9:00am-12:30pm M-F \$120
9172.302	12yrs to 18yrs 8/15 - 8/19 9:00am-12:30pm M-F \$120

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. No class July 4.

Nieto, Rafael	Edison Community Center Tennis Court #3
9128.300	Adult 6/21 - 7/21 10:30am-12:00pm Tu Th \$95
9128.301	Adult 8/2 - 9/1 10:30am-12:00pm Tu Th \$95
9128.302	Adult 6/22 - 8/24 6:30pm-8:00pm W \$95

Rivera, Goldie	Edison Community Center Tennis Court #3
9130.300	Adult 6/25 - 8/27 11:00am-12:30pm Sa \$95

Rivera, Goldie	Marina Park Tennis Courts 15871 Graham St
9134.300	Adult 6/21 - 8/23 6:30pm-8:00pm Tu \$95

Arbeiter, Andrew	Murdy Community Center Tennis Court #1
9196.300	Adult 6/23 - 8/25 5:30pm-7:00pm Th \$95

Nieto, Rafael	Murdy Community Center Tennis Court #1
9207.300	Adult 6/25 - 8/27 9:30am-11:00am Sa \$95

Barrie, Monty	Murdy Community Center Tennis Court #1
9210.300	Adult 6/20 - 8/29 8:30am-10:00pm M \$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.



Barrie, Monty	Murdy Community Center Tennis Court #1
9136.300	Adult 6/21 - 7/21 9:30am-11:00am Tu Th \$95
9136.301	Adult 8/2 - 9/1 9:30am-11:00am Tu Th \$95

Nieto, Rafael	Edison Community Center Tennis Court #3
9145.300	Adult 6/22 - 8/24 8:00pm-9:30pm W \$95

Arbeiter, Andrew	LeBard Tennis Courts - 20451 Craimer Ln
9185.300	Adult 6/22 - 8/24 6:30pm-8:00pm W \$95

Arbeiter, Andrew	Murdy Community Center Tennis Court #1
9194.300	Adult 6/21 - 8/23 5:30pm-7:00pm Tu \$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. No Class July 4.

Danielson, Brenda	Edison Community Center Tennis Court #3
9139.300	Adult 6/21 - 8/23 7:00pm-8:30pm Tu \$95
9139.301	Adult 6/23 - 8/25 5:30pm-7:00pm Th \$95
9139.302	Adult 6/20 - 7/25 9:30am-11:00am M W \$95
9139.303	Adult 8/1 - 8/31 9:30am-11:00am M W \$95

Nieto, Rafael	Edison Community Center Tennis Court #3
9140.300	Adult 6/20 - 8/29 5:30pm-7:00pm M \$95
9140.301	Adult 6/20 - 8/29 7:00pm-8:30pm M \$95
9140.302	Adult 6/21 - 7/21 9:00am-10:30am Tu Th \$95
9140.303	Adult 8/2 - 9/1 9:00am-10:30am Tu Th \$95

Rivera, Goldie	Edison Community Center Tennis Court #3
9141.300	Adult 6/25 - 8/27 9:30am-11:00am Sa \$95

Barrie, Monty	Murdy Community Center Tennis Court #1
9142.300	Adult 6/20 - 8/29 5:30pm-7:00pm M \$95
9142.301	Adult 6/20 - 8/29 7:00pm-8:30pm M \$95
9142.302	Adult 6/22 - 8/24 5:30pm-7:00pm W \$95
9142.303	Adult 6/21 - 7/21 8:00am-9:30am Tu Th \$95
9142.304	Adult 8/2 - 9/1 8:00am-9:30am Tu Th \$95

Arbeiter, Andrew	Murdy Community Center Tennis Court #1
9195.300	Adult 6/21 - 8/23 8:30pm-10:00pm Tu \$95
9195.301	Adult 6/23 - 8/25 7:00pm-8:30pm Th \$95

Rivera, Goldie	Marina Park Tennis Courts 15871 Graham St
9211.300	Adult 6/23 - 8/25 6:30pm-8:00pm Th \$95

Ramirez, David	Marina Park Tennis Courts 15871 Graham St
9212.300	Adult 6/25 - 8/27 8:00am-9:30am Sa \$95

TENNIS: ADULT ADVANCED INTERMEDIATE

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. No class July 4th.

Arbeiter, Andrew	LeBard Tennis Courts - 20451 Craimer Ln
9184.300	Adult 6/20 - 8/29 6:00pm-7:30pm M \$95

Danielson, Brenda	Edison Community Center Tennis Court #3
9144.300	Adult 6/20 - 7/25 8:00am-9:30am M W \$95
9144.301	Adult 8/1 - 8/31 8:00am-9:30am M W \$95
9144.304	Adult 6/21 - 8/23 5:30pm-7:00pm Tu \$95
9144.305	Adult 6/23 - 8/25 7:00pm-8:30pm Th \$95

Rivera, Goldie	Edison Community Center Tennis Court #3
9146.300	Adult 6/25 - 8/27 8:00am-9:30am Sa \$95

Barrie, Monty	Murdy Community Center Tennis Court #1
9147.300	Adult 6/22 - 8/24 7:00pm-8:30pm W \$95

Nieto, Rafael	Murdy Community Center Tennis Court #1
9167.300	Adult 6/25 - 8/27 8:00am-9:30am Sa \$95

Ramirez, David	Marina Park Tennis Courts 15871 Graham St
9201.300	Adult 6/25 - 8/27 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. No class July 4.

Nieto, Rafael Edison Community Center Tennis Court #3
9149.300 Adult 6/20 - 8/29 8:30pm-10:00pm M \$95

Barrie, Monty Murdy Community Center Tennis Court #1
9150.300 13yrs to Adult 6/22 - 8/24 8:30pm-10:00pm W \$95

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9193.300 Adult 6/21 - 8/23 7:00pm-8:30pm Tu \$95
9193.301 Adult 6/23 - 8/25 8:30pm-10:00pm Th \$95

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). Additional USTA fees not included. More info - contact Brenda Danielson, Tennis scheduler, at 714-536-5246.

Danielson, Brenda Murdy Community Center Tennis Court #1
9153.300 Adult 6/20 - 8/27 1:30pm-3:00pm Su M F Sa \$27

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). No class July 4.

Nieto, Rafael Edison Community Center Tennis Court #1
9100.301 18yrs to 65yrs 6/21 - 8/23 5:00pm-6:00pm Tu \$99
9100.302 18yrs to 65yrs 6/21 - 8/23 6:00pm-7:00pm Tu \$99

Nieto, Rafael Murdy Community Center Tennis Court #1
9101.300 Adult 6/20 - 8/29 9:00am-10:00am M \$99
9101.301 Adult 6/22 - 8/24 9:00am-10:00am W \$99
9101.302 Adult 6/23 - 8/25 7:00pm-8:00pm Th \$99
9101.303 Adult 6/25 - 8/27 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. No class July 4.

Danielson, Brenda Edison Community Center Tennis Court #3
9181.300 Adult 6/20 - 8/29 11:30am-12:30pm M \$120
9181.301 Adult 6/21 - 8/23 8:30pm-9:30pm Tu \$120

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9191.300 Adult 6/20 - 8/29 9:00am-10:00am M \$120
9191.301 Adult 6/24 - 8/26 9:00am-10:00am F \$120

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.

Nieto, Rafael Edison Community Center Tennis Court #3
9151.300 Adult 6/21 - 7/21 8:00am-9:00am Tu Th \$120
9151.301 Adult 8/2 - 9/1 8:00am-9:00am Tu Th \$120

Danielson, Brenda Edison Community Center Tennis Court #3
9166.300 Adult 6/22 - 8/24 11:00am-12:00pm W \$120
9166.301 Adult 6/23 - 8/25 8:30pm-9:30pm Th \$120

Ramirez, David Marina Park Tennis Courts 15871 Graham St
9199.300 Adult 6/22 - 8/24 8:00am-9:00am W \$120
9199.301 Adult 6/24 - 8/26 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. No class July 4th.

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9189.300 Adult 6/20 - 8/29 10:00am-11:00am M \$120

Ramirez, David Marina Park Tennis Courts 15871 Graham St
9197.300 Adult 6/20 - 8/29 8:00am-9:00am M \$120
9197.301 Adult 6/22 - 8/24 9:00am-10:00am W \$120
9197.302 Adult 6/22 - 8/24 10:00am-11:00am W \$120
9197.303 Adult 6/24 - 8/26 9:00am-10:00am F \$120
9197.304 Adult 6/24 - 8/26 10:00am-11:00am F \$120

TENNIS: SEMI-PRIVATE WORKOUT - 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. No class July 4th.

Arbeiter, Andrew Murdy Community Center Tennis Court #2
9190.300 Adult 6/24 - 8/26 10:00am-11:00am F \$120

Ramirez, David Marina Park Tennis Courts 15871 Graham St
9213.300 Adult 6/20 - 8/29 9:00am-10:00am M \$120



TENNIS RAIN HOTLINE
714-536-5246

Tennis

TENNIS: PRIVATE LESSONS (1-2 STUDENTS)

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.

Danielson, Brenda Edison Community Center Tennis Court #1
9154.300 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$52

Nieto, Rafael Edison Community Center Tennis Court #1
9155.300 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$52

Rivera, Goldie Edison Community Center Tennis Court #1
9156.300 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$52

Barrie, Monty Murdy Community Center Tennis Court #1
9157.300 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$52

Hall, Wesley Murdy Community Center Tennis Court #1
9158.300 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$52

Ramirez, David Murdy Community Center Tennis Court #1
9159.300 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$52

Ramey, Mai-ai Murdy Community Center Tennis Court #1
9160.300 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$52

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9202.300 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$52

TENNIS: PRIVATE LESSONS (3-4 STUDENTS)

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.

Barrie, Monty Murdy Community Center Tennis Court #1
9157.310 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$62

Hall, Wesley Murdy Community Center Tennis Court #1
9158.310 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$62

Ramirez, David Murdy Community Center Tennis Court #1
9159.310 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$62

Ramey, Mai-ai Murdy Community Center Tennis Court #1
9160.310 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$62

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9202.310 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$62

Danielson, Brenda Edison Community Center Tennis Court #1
9154.310 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$62

Nieto, Rafael Edison Community Center Tennis Court #1
9155.310 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$62

Rivera, Goldie Edison Community Center Tennis Court #1
9156.310 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$62



TENNIS: PRIVATE LESSONS (5-6 STUDENTS)

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.

Barrie, Monty Murdy Community Center Tennis Court #1
9157.320 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$72

Ramirez, David Murdy Community Center Tennis Court #1
9159.320 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$72

Ramey, Mai-ai Murdy Community Center Tennis Court #1
9160.320 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$72

Arbeiter, Andrew Murdy Community Center Tennis Court #1
9202.320 3yrs to Adult 6/20 - 9/3 8:00am-10:00pm Su M-Th \$72

Danielson, Brenda Edison Community Center Tennis Court #1
9154.320 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$72

Nieto, Rafael Edison Community Center Tennis Court #1
9155.320 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$72

Rivera, Goldie Edison Community Center Tennis Court #1
9156.320 3yrs to Adult 6/20 - 9/1 8:00am-10:00pm Su M-Th \$72

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.