

YTC's TRY TENNIS YES Adult beginner program is a *FUN, Heart Pumping and Engaging* **15-week** session, designed to socialize, interact and make new friends while learning the basics of tennis. Once you have the hang of it, repeat the fun in a more challenging environment in the second 15-week session.

TOP 10 REASONS TO PLAY TENNIS
the sport of a lifetime

- YOUR BODY**
 - Get Fit**
Lose Weight, Burn Calories- An hour of singles play can burn 580-870 calories*
According to a 2014 Mayo Clinic study
 - Live Longer**
Playing just 3 hours/week will reduce your risk of heart disease 56%*
According to a 2016 Harvard University study
 - Strong Heart, Muscles and Bones**
Compared to other sports, Tennis players have the lowest incidence of cardiovascular disease*
40 year study conducted by John Hopkins University
 - Hand Eye Coordination**
Playing tennis involves several skills that all contribute to good hand-eye coordination. You can improve your agility, balance, coordination reaction time and more.
- YOUR BRAIN**
 - Stress Reducer**
Tennis involves physical, mental, social and emotional challenges, which increases your capacity to deal with stress.
 - Brain Power**
From alertness to tactical thinking, tennis enhances the neural connections in your brain. Kids who play tennis regularly get better grades*
According to a 2013 USA study
 - Problem Solving**
Tennis is a sport based on angles, geometry and physics, which translate well off the court
- YOUR LIFE**
 - Family and Friends**
Great for the whole family no matter what your age. With minimal equipment needed and plenty of courts nearby, it's easy to bring a friend or find one at the courts.
 - Develop Teamwork and Sportsmanship**
From doubles play to team and league play, tennis develops your ability to communicate and work together
 - Improved Social Skills**
Tennis outperforms all other sports in developing positive personality characteristics*
According to a study by Dr. Jim Gavin at Concordia University

Session I – 15wks
Begins Thursday, September 22nd

Off Dates: 11/24 - 11/27/2022 (Thanksgiving)
12/24 - 1/1/2023 (Winter Break)

To register contact Ali (Programs Coordinator)
agoldman@yonkerstennis.com and secure your spot!
Please review clinic policies on the registration form.

AVAILABLE
Orientations
Priority SII Signup
Special Events
Privates

	BEGINNER CLINICS SCHEDULE		
	Try Tennis Yes I (6:1) \$47 p/hr	Try Tennis Yes II (6:1) \$47 p/hr	2.0 (5:1) \$52 p/hr
Monday	5:00-6:00pm	-	4:00-5:00pm 6:00-7:30pm
Tuesday	5:00-6:00pm	-	12:30-1:30pm 6:30-7:30pm
Wednesday	-	-	-
Thursday	7:30-8:30pm	-	-
Friday	-	-	-
Saturday	10:30-11:30am	2:00-3:00pm	-
Sunday	12:00-1:00pm	5:00-6:00pm	10:00-11:00am

*Any changes in level must be approved by Coach Richard rsanchez@yonkerstennis.com