

TENNIS ANYONE? TENNIS EVERYONE!!!

Here's the latest from the Mayo clinic: "Tennis players live 9.4 years longer!" And not only that: it's fantastic FUN, "That Great Game For Life!!!" Get *your* kids interested in tennis—or *improve* their tennis—whether they're beginners, intermediate, or advanced!

What: a *free* tennis lesson, limited to from 1-3 players per lesson (one person=60 min; 2-3 90-120 minutes)

When: dates, times to be determined

Where: Central or Forest Hills courts

Who: boys and girls, grades 3-11 (boys/girls will be grouped separately); kids will be scheduled in groups of similar ability

Who I am: I'm a decades long tennis instructor, coach, tennis enthusiast (I currently coach Aquinas Middle but have coached at Lincoln & Logan Middle--and Aquinas High.) -and former La Crosse men's doubles champion, mixed dubs runner-up, & singles semi-finalist.

Why tennis: Tennis is known as "*THAT GREAT GAME FOR LIFE*"—and with good reason!

- Can be played into your 80's
- Great for families
- Helps you stay fit for life!
- Great for character development; it literally forces you to "think on your feet!"
- Studies have shown that learning tennis skills while young helps people stick with it; those who try as adults often don't—or lack of time makes them give up too easily.

For fitness, for family, for FUN—it's TENNIS!!!!!!

Please contact me to sign up ASAP (spots can fill up quickly)—or if you have any questions!

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