

# TENNIS/KARATE/TAI CHI

## PEE WEE TENNIS

An introduction to the game of tennis in a fun and rewarding way. The equipment is tailored to the playing court sizes, needs, and athletic ability of the child. Bring your own water bottle!

Day: Tuesdays  
 Date: Session I: March 2, 9, 16, 23  
 Session II: March 30, April 13, 20, 27  
 Time: 6:00 p.m. – 6:45 p.m.  
 Fee: \$30 per person  
 Age: 4 – 7 years old  
 Location: Kiwanis Tennis Courts

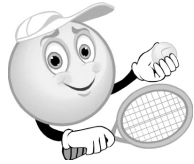


Day: Thursdays  
 Date: Session I: March 4, 11, 18, 25  
 Session II: April 1, 15, 22, 29  
 Time: 4:00 p.m. – 4:45 p.m.  
 Fee: \$30 per person  
 Age: 4-7 years old  
 Location: Kiwanis Tennis Courts

## YOUTH TENNIS

Designed to teach basic strokes such as forehand and backhand. Participants must provide a racquet and a can of unopened tennis balls.. Bring your own water bottle!

Day: Tuesday  
 Date: Session I: March 2, 9, 16, 23  
 Session II: March 30, April 13, 20, 27  
 Time: 7:00 p.m. – 8:00 p.m.  
 Fee: \$30 per person  
 Age: 8 & older  
 Location: Kiwanis Tennis Courts



Day: Thursday  
 Date: Session I: March 4, 11, 18, 25  
 Session II: April 1, 15, 22, 29  
 Time: 5:00 p.m. - 6:00 p.m.  
 Fee: \$30 per person  
 Age: 8 & older  
 Location: Kiwanis Tennis Courts

## TUESDAY & THURSDAY TEEN/ADULT TENNIS

Designed to teach basic strokes such as forehand and backhand. Participants must provide a racquet and a can of unopened tennis balls. Bring your own water bottle!

Day: Tuesdays  
 Date: Session I: March 2, 9, 16, 23  
 Session II: March 30, April 13, 20, 27  
 Time: 8:00 p.m. – 9:00 p.m.  
 Fee: \$30 per person  
 Age: 15 & older  
 Location: Kiwanis Tennis Courts

Day: Thursdays  
 Date: Session I: March 4, 11, 18, 25  
 Session II: April 1, 15, 22, 29  
 Time: 6:00 p.m. - 7:00 p.m.  
 Fee: \$30 per person  
 Age: 15 & older  
 Location: Kiwanis Tennis Courts



## KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite Self-Defense, and Okinawa weapons are studied.



Day: Tuesdays & Thursdays  
 Date: Session I: February 2 - 25  
 Session II: March 2 - 30  
 Session III: April 1 - 29  
 Time: 7:15 p.m. - 8:45 p.m.  
 Fee: \$45 per person  
 Age: 15 & older  
 Location: Kiwanis Center

## TAI CHI

The Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft slow flowing movement and breathing one learns to concentrate thus reducing stress.

Day: Thursdays  
 Date: Session I: February 4 - 25  
 Session II: March 4 - 25  
 Session III: April 1 - 29  
 Time: 6:15 p.m. - 7:00 p.m.  
 Fee: \$40 per person  
 Age: Adult  
 Location: Kiwanis Center



Life is really simple, but we insist on making it complicated.

Confucius

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