

INSTRUCTIONAL CLASSES

TENNIS & FITNESS



ADULT TENNIS & FITNESS

Day:	Monday-Friday	
Date:	Session I:	July 20-24
	Session II:	July 27-30
	Session III:	August 3-7
	Session IV:	August 10-14
	Session V:	August 17-21
	Session VI:	August 24-31
Time:	8:00 a.m. – 10:30 a.m.	
Fee:	\$30 per week	
Age:	20 & older	
Location:	Kenwood Park	

These tennis and fitness programs are designed to teach all tennis skills including footwork, racket preparation, shot production, contact point, extension and follow through. Fitness will be based on injury prevention by strengthening the areas of the body that are stressed during tennis, the shoulders, elbows, wrists and knees. There will also be focus on cardiovascular fitness and proper nutrition.

- Class max 10 participants
- Bring racket, towel & cold drinks
- Registration is required along with payment to:

Fayette County Parks and Recreation
980 Redwine Road
Fayetteville, Georgia 30215



770.716.4320

www.fayettecountyga.gov/parks_and_recreation