

## CHS LiveWELL Tennis for Teammates and Family

Tennis is a game for a lifetime. All ages and skill levels can benefit from tennis. Whether you just want to have fun while getting some exercise, like friendly competition, or just want to challenge yourself with tougher tournament and league play, then this is an ideal activity for you!



- **Instructors:** Lessons are taught by **USPTA P-1 Certified Instructors**
- **All Skill Levels are Welcome:**
  - Beginners - Learn how to play the game of tennis
  - Intermediate - Improve your game
  - Competitive - Hone advanced technique and strategy
- **Two Opportunities Available:**
  - Group Lessons: Learn about or improve your tennis game while playing with others of similar skill levels in a fun, economical way
  - Individual/Private Lessons: Instruction focused on your individual game, including working on your stroke, technique, or strategy.
- **Open Registration: Follow link for locations and fee information**
  - Register at: <http://livewell.carolinashealthcare.org/tennis>

