

## OUR MISSION

Our goal is to utilize the sport of tennis to positively impact the health and wellness of individuals and our community.



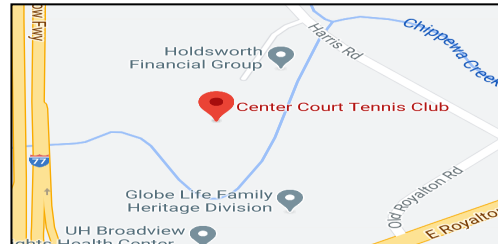
## ABOUT US

We offer adaptive and wheelchair tennis to enable anyone to enjoy and benefit physically and mentally from the sport of tennis. Our USPTA instructors design specialized programs to allow anyone, regardless of ability, to enjoy the many benefits of the game.

Center Court Tennis Club is home to THRiVE Through Tennis Foundation. CCTC is a 5 court indoor tennis facility located in Broadview Hts Ohio. THRiVE offers both adult and youth programming to individuals of all ages who have challenges that may limit their ability to participate in the sport. Our dedicated and professional team of coaches and staff look forward to teaching tennis players of all backgrounds and abilities.

**THRiVE . . .**

***for tennis, fun, fitness & health!***



THRiVE Through Tennis Foundation  
at Center Court Tennis Club  
1 Eagle Valley Court  
Broadview Hts., OH 44147  
440-838-5600  
thrivetennis.org

**MOVING FORWARD**

## **ADAPTIVE TENNIS PROGRAM**

**for Children and Adults**



**TENNIS · HEALTH · RESULTS  
INSPIRATION · VALUE · EDUCATION**



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## THRiVE Through Tennis

At THRiVE, we strive to provide a comprehensive experience that will improve your overall health and wellness.

Play **TENNIS** to improve your **HEALTH!** You will see measurable **RESULTS!**  
Get **INSPIRATION** to be the best you! We **VALUE** your well being and will provide the **EDUCATION** you need to improve your physical and mental health!

### Why Play Tennis?

Tennis is fun! It's a lifetime sport that can be enjoyed by anyone! There are so many reasons to love the sport!

#### PSYCHOLOGICAL BENEFITS:

- Requires strategic and tactical thinking
- Promotes stress relief
- Encourages self-confidence

#### PHYSICAL BENEFITS:

- Promotes cardio health
- Improves coordination, agility flexibility and balance
- Burns calories

#### SOCIAL BENEFITS:

- Encourages interaction and communication
- Meet new people and develop friendships

RELIEVES  
STRESS and  
ANXIETY

PROMOTES  
PHYSICAL  
FITNESS

IMPROVES  
MENTAL  
HEALTH

IMPROVES  
CARDIO  
HEALTH



PROVIDES  
SOCIAL  
INTERACTION

## ADAPTIVE TENNIS

Our programs serve individuals 8 years and older with:

- Physical Conditions or Disabilities
- Developmental/Cognitive Conditions or Disabilities
- Emotional or Social challenges

Our goal is to empower children and adults with any disability to develop new skills, enhance their independence and enable them to enjoy a lifelong sport! Players will discover the potential within themselves, build self-confidence, meet new friends and have fun!

We offer a one hour tennis class for participants of all skill levels and strive to provide a 1:1 experience to ensure that all participants receive the attention they need to have fun and succeed.

Additionally, we offer 30 minute group fitness classes designed to improve strength, flexibility and balance, helping adaptive players enhance their overall fitness and performance. Classes are led by a Certified Personal Trainer with specialized training in adaptive fitness.

SATURDAYS 12:30—1:00 optional fitness (\$5)  
1:00—2:00 tennis (\$15)

Pre-registration is required  
Call 440-838-5600 to register

[www.thrivetennis.org](http://www.thrivetennis.org)

