

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

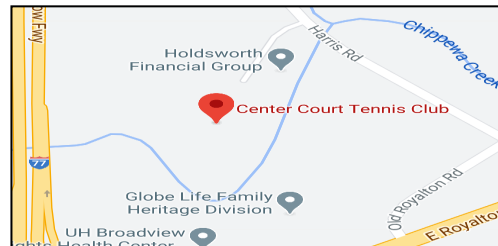
Offering tennis programs to enable people of all ages and abilities to physically, mentally and socially benefit from participating in the sport of tennis.

Center Court Tennis Club is home to THRiVE Through Tennis Foundation.

CCTC is a 5 court indoor tennis facility located in Broadview Hts Ohio. 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

Home School Tennis Academy (HSTA)



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

The Home School Tennis Academy (HSTA)

take time out for tennis

Physical education is an integral part of the school curriculum. Our program gives your home schooled student an opportunity to learn a new sport or improve his/her skills. Enroll with siblings, friends, or individually.

Ages 6-18



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www.thrivetennis.org