

OUR MISSION

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



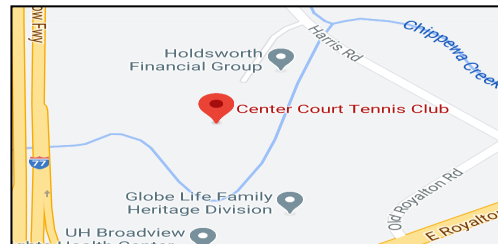
ABOUT US

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 & WHEELCHAIR TENNIS PROGRAMS

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 **T**ENNIS to improve your **H**EALTH! You will see measurable **R**ESULTS!
Get **I**NSPIRATION to be the best you! We **V**ALUE your well being and will provide the **E**DUICATION 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 & WHEELCHAIR TENNIS

Our programs serve persons 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!

ADAPTIVE PROGRAM Ages 8+

A one hour tennis class for participants of all abilities. Players rotate through stations to learn and practice tennis skills. We strive to provide a 1:1 experience to ensure that all participants receive the attention they need to have fun and succeed. We also offer 30 minute group fitness classes taught by a Certified Personal Trainer with specialized training in adaptive fitness. These sessions are designed to improve the overall strength, flexibility and balance of our adaptive players.

WHEELCHAIR PROGRAM Ages 13+

Contact Brian Smallwood for more information
216.339.5911