



## QUICKSTART TENNIS

What makes tennis fun is being able to rally a ball back and forth over the net with a partner. The sooner youngsters can rally, the sooner they can actually play the game and participate on a team.

The QuickStart Tennis format is a format used worldwide that includes six specifications (age (5-6, 7-8 and 9-10 yrs old) , court size, racquet length, ball weight and speed, net height and scoring format). This enables youngsters to practice and play real tennis to scale and allows them to play and learn at the same time—as opposed to the traditional model of learning the skills before playing the game. Since rallying and playing is much more fun than standing in line, children will want to continue to learn the game and develop the skills necessary to play with their friends on a team.

**AN INTRODUCTION TO QUICKSTART TENNIS WILL BE HELD AT AFST ON**

**SATURDAY, MAY 8, 2010 AT 1:30-2:30 PM**

**(\$5 fee, deadline for sign up is May 6<sup>th</sup>!!)**

**Please sign up as soon as possible at the Clubhouse or by emailing Mariana Hollman at [waves86mh@aol.com](mailto:waves86mh@aol.com)**