



YOUR SPORT
FOR A LONGER HEALTHIER LIFETIME

MHC SPRING OFFERINGS & CAMPS

We are here for fun and wellness.
Serving Northern Virginia with holistic
programs to help you work smarter,
develop quicker and play better

ADULT LESSONS

6 Weeks Beginning Week of 4/1

- Beginner/Advanced
Beginner Lessons
- Intermediate
Lessons

KIDS LESSONS

6 Weeks Beginning
Week of 4/1

- Tiny Tennis (ages 3-5)
- Kids 5-7
- Kids 7-9

KIDS CAMPS

5 Days Beginning Week of
7/29

- Fun Intensive Tennis
Training (FITT)

PLAY WITH US

➤ **ADULT CLASSES**

Lessons and drills classes provide the
opportunity for social play environments.
Lessons implement our learning model.

➤ **KIDS CLASSES**

Grouped by age, then by skills and abilities.

➤ **PRIVATE, SEMI-PRIVATE, AND SELF FORMED GROUP LESSONS**

Personalized focus and instruction will help
you to improve faster.

➤ **POSITIVELY TENNIS ACADEMY**

Holistic development for kids who want to
play several days per week



<https://advantage-tennis.net>



yourtennisadvantage@gmail.com

Safe Playful Inclusive Holistic

YOUR TENNIS ADVANTAGE



YOUR SPORT
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MHC SPRING TINY TENNIS

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LESSONS

6 Weeks

- *Tiny Tennis (ages 3-5)*
- *Mondays*
- *Starts April 1st*
- *2:00 - 3:00pm*

Classroom meets Tennis Court

Early childhood is a special time when our human development is happening profoundly fastest. In this time we can nurture a love of the premier lifetime sport of tennis. Your kids can also acquire lifetime useful social, emotional, cognitive, and fundamental physical skills and abilities at the same time. We have a separate curriculum, equipment and preschool specialists. We have taken our traditionally indoor curriculum and made it more suitable for outside, so we can do either way.

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