

TENNIS



AT LILLEY GULCH

RECREATION CENTER!

(6147 S. HOLLAND WAY, LITTLETON, CO)

Classes are now being offered at Lilley Gulch Recreation Center Courts for youth and adults. Please bring a tennis racket, water bottle and lots of enthusiasm!



JUNIOR CLASSES (AGES 7-15):

BEGINNERS (AGES 7-9) will learn grips and rules, how to hit forehand, backhands, volleys and serve. Beginners will play fun games to improve their strokes.

ADVANCED BEGINNERS (AGES 7-9) will develop on-court playing abilities. Classes will have fun drills to raise ability levels.

BEGINNERS (AGES 10-15) will learn proper grips and rules of play. They will do drills to develop their forehands, backhands, volleys, serves and will develop on-court playing abilities.

ADVANCED BEGINNERS (AGES 10-15) will learn to keep score and understand proper court positions and have drills to improve their game.

ADULT CLASSES:

ADULT CLASSES (AGES 16 & UP) challenge drills will be introduced to the adult class to make tennis fun and exciting while providing a good workout!

**To register for classes
or for more information,
please contact Laura Rocchio at
303-409-2506
or visit www.foothills.org.**



Foothills
Park & Recreation District