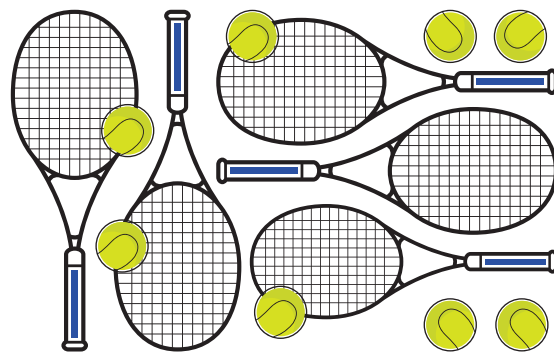


TENNIS FOR ALL ABILITIES



On the 1st and 3rd Saturdays of every month, The Whole Person's Adaptive Sports Program hosts a tennis session for all abilities from 11:00am-12:30pm at Northland Racquet Club.

The sessions are open to all with a physical or intellectual disability. We have individuals who come out who have multiple sclerosis, degenerative disk disease, spinal cord injuries, cerebral palsy, etc. If you can swing a racquet you can play!

We are teaching individuals basic racquet techniques, proper forehand, proper backhand, and mobility if they are able to do so. These beginner sessions are fun and interactive, involving simple techniques such as dropping or bouncing a ball to the participants as they try to properly make contact with the tennis racquet and the ball. Sessions are not focused on playing an actual match.



If you are interested in participating in these entry level tennis sessions, Contact:

Rick Haith
816-627-2229
rhaith@thewholeperson.org

Learn more at:
www.thewholeperson.org/tennis



Tennis for All Abilities

1st & 3rd Saturday's

11:00 - 12:30 pm

(arrive by 10:45am)

\$5 registration fee

(Cash/Check due before play)

Northland Racquet Club

306 Tennis Ct., KC, MO

PARTICIPATION REQUIREMENTS:

To ensure a fun and safe event, participants must:

- Be able to follow one to three step directions independently*
- Be seizure free for at least 2 months*
- Have caregiver presence for assistance if participant is not physically independent*
- Not have sudden violent outbursts*



*NOTE: Parent/guardian will need to sign a waiver before child/youth 18 or under can play. Waiver will be available at venue.