

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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SPRING ADULT TENNIS RALLY NIGHTS

SUFFOLK, VA (April 6, 2016) Playing tennis can help your aerobic fitness by burning fat and improving your cardiovascular fitness and maintaining higher energy levels. It is also a fun social way to get moving and stay active. Suffolk Parks & Recreation is offering *Tennis Rally Nights* on Fridays through May 27th from 6 p.m. to 9 p.m. at the Howard Mast Tennis Complex. A tournament will be held after the regular season of league play. Racquets will be available for those who do not have their own.

The registration fee is \$23. You can register for all tennis programs from Monday to Thursday, from 4 p.m. to 8 p.m., at the Howard Mast Tennis Complex. Online registration is also available. Visit www.suffolkva.us/parks to register online. The registration fee must be submitted before start of play.

The Howard Mast Tennis Complex is located at Lake Meade Park on North Main Street behind Farm Fresh. For more information about tennis classes or to register, contact Janice Henderson, (757) 514-7243, jhenderson@suffolkva.us.

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