

NEWS RELEASE

FOR IMMEDIATE RELEASE

March 4, 2015



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YOUTH AND ADULT TENNIS CLASSES AND RALLY NIGHTS OFFERED

SUFFOLK, VIRGINIA (March 4, 2015) Did you know that playing tennis helps your aerobic fitness by burning fat and improving your cardiovascular fitness and maintaining higher energy levels? The Suffolk Department of Parks & Recreation is offering youth and adult tennis lessons including Adult Rally Nights through May 27th.

Adult lessons will be taught on Tuesdays or Thursdays from 6:30 p.m. to 7:30 p.m. or 7:30 p.m. to 8:30 p.m. at the Howard Mast Tennis Complex. Youth lessons will be held on Mondays or Wednesdays afternoons from 4:30 p.m. to 5:30 p.m., 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. Racquets will be provided to youth or adults who do not have their own.

Tennis Rally Nights will be held at the Howard Mast Tennis Complex on Wednesday nights, March 4th through May 27th, from 6 p.m. to 10 p.m. A tournament will be held after the regular season of league play.

Registration fees for adult tennis lessons and Rally Nights are \$13 per person. Registration fees for the youth class are \$10. Registration for all tennis classes and Rally Nights is being held Monday to Thursday, from 5 p.m. to 8 p.m., at the Howard Mast Tennis Complex at Lake Meade Park on North Main Street behind Farm Fresh. You can also register on line by visiting www.suffolkva.us/parks. The registration fee must be submitted before start of play.

For more information regarding tennis classes and Rally Nights or to register, contact Janice Henderson, (757) 514-7243, jhenderson@suffolkva.us.

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