



Ages 8 & Under

Mommy Coach Tennis Program

No cost...and no experience is required! 😊

The **Mommy Coach Tennis Program** is designed to be a collaborative experience between moms and their children, allowing them to participate in their child's education where both will learn and grow together through the great sport of tennis.

Moms will participate with their child in fun and engaging activities such as playing games and practicing drills focusing on the ABCs (agility, balance, coordination). These activities will also contain "hidden" technical instruction to develop sound, sport science-based stroke, and court movement fundamentals. This program is integrated with the child's private tennis lesson.

Moms will receive instruction and guidance during the games and drills to help them learn activities they can use at other times on a court or at home to further their child's development.

OK Moms....Put Your Tennis Shoes On And Let's Have Fun With Your Children!



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