

## OUR MISSION

Our goal is to utilize the sport of tennis to positively impact the health and well-being of individuals and our community.



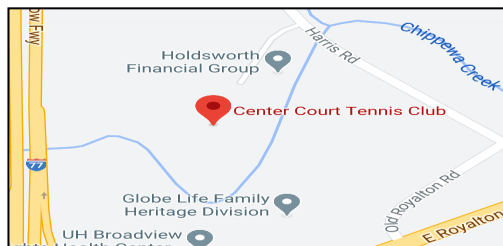
## ABOUT US

We offer adaptive and wheelchair tennis to enable anyone to enjoy and benefit physically and mentally from the sport of tennis. Our USPTA instructors design specialized programs to allow anyone, regardless of ability, to enjoy the many benefits of the game.

Center Court Tennis Club is home to THRiVE Through Tennis Foundation. CCTC is a 5 court indoor tennis facility located in Broadview Hts Ohio. THRiVE offers both adult and youth programming to individuals of all ages who have challenges that may limit their ability to participate in the sport. Our dedicated and professional team of coaches and staff look forward to teaching tennis players of all backgrounds and abilities.

**THRiVE . . .**

***for tennis, fun, fitness & health!***



THRiVE Through Tennis Foundation  
at Center Court Tennis Club  
1 Eagle Valley Court  
Broadview Hts., OH 44147  
440-838-5600  
thrivetennis.org

MOVING FORWARD

## PARKINSON'S TENNIS & EXERCISE



TENNIS · HEALTH · RESULTS  
INSPIRATION · VALUE · EDUCATION



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## THRiVE Through Tennis

At THRiVE, we strive to provide a comprehensive experience that will improve your overall health and wellness.

Play **T**ENNIS to improve your **H**EALTH! You will see measurable **R**ESULTS!  
Get **I**NSPIRATION to be the best you! We **V**ALUE your well being and will provide the **E**DUICATION you need to improve your physical and mental

### Why Play Tennis?

Tennis is fun! It's a lifetime sport that can be enjoyed by anyone! There are so many reasons to love the sport!

#### PSYCHOLOGICAL BENEFITS:

- Requires strategic and tactical thinking
- Promotes stress relief
- Encourages self-confidence

#### PHYSICAL BENEFITS:

- Promotes cardio health
- Improves coordination, agility flexibility and balance
- Burns calories

#### SOCIAL BENEFITS:

- Encourages interaction and communication
- Meet new people and develop friendships

RELIEVES  
STRESS and  
ANXIETY

PROMOTES  
PHYSICAL

IMPROVES  
MENTAL  
HEALTH

IMPROVES  
CARDIO  
HEALTH



PROVIDES  
SOCIAL  
INTERACTION

## PARKINSON'S TENNIS & EXERCISE

We are proud to offer a specialized tennis and fitness program for individuals with Parkinson's disease. As the first program of its kind in the nation, the blended tennis and fitness program is helping participants boost their health, happiness and quality of life.

This innovative program offers a fitness class, led by a PWR (Parkinson's Wellness and Recovery) certified trainer, followed by tennis, led by RSPA certified instructors. The program is carefully adapted to each participant's movement ability and skill level to ensure a safe and enjoyable experience.

Whether you're new to the court or seeking a supportive environment to play and connect, our program is the perfect place to have fun, stay active and be apart of a vibrant community.

**FRIDAYS 12:15-2:00pm**

**Tennis \$15/week**

**Fitness \$5/week**

Pre-registration is required  
Call 440-838-5600 to register

visit us at [www.thrivetennis.org](http://www.thrivetennis.org)

