Adaptive Tennis

Age Requirements 5-22 18 and over Family No Intake Process Visit the website or call for information. Provider Refer Yes Self Refer Yes United States Tennis Association http://www.midatlantic.usta.com/CommunityTennis/adpative tennis/ Main (703) 560-9480 11410 Isaac Newton Square North, Suite 270, USTA MAS Virginia District

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Languages Spoken English

USA Tennis supports adaptive tennis programs. The game of tennis can be adapted to accommodate any age, environment, condition or disabilities. Adaptive Tennis' goal is to promote and develop recreational tennis opportunities for individuals with differing abilities and circumstances and by providing, where needed, adaptive programming, equipment, and teaching techniques. Players includes individuals with developmental disabilities, physical disabilities, mental health problems, substance abusers, homeless, HIV positive individuals and those mentally or physically abused. Tennis benefits both mind and body. Physically, playing tennis helps to improve balance, mobility, agility, strength, fitness, and to burn calories. Mentally, tennis works on one's focus, concentration, and reactive and problem-solving behaviors. Emotionally it can promote self-confidence, instill feelings of success, relieve stress, and provide social outlets to meet new friends, enhance relationships, or experience great family outings. These benefits are so much more important for those with disabilities, in special life situations, or with special circumstances.

To start a program, a <u>list of resources</u> are available on the website.

Service Area(s) Statewide