



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEART PUMPING TENNIS

Cardio Tennis AMERICANA YMCA

This class is for players of all levels. Bring your racket, tennis shoes, water bottle and a towel! Great way to get started on your tennis journey.

Class will be held at the Americana YMCA Tennis Center on court 1 or 2.



- WHEN:** Wednesday and Friday *No class if courts are wet from the weather.
- TIME:** 9:00 a.m. until 9:45 a.m.
- COST:** Free for members, \$15 for participants
- LOCATION:** AMERICANA YMCA
4200 Liberty Way
Zachary, La 70791
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225-654-9622
www.ymcabr.org