



# Little Tennis Academy

## *Expert, one-on-one, and group tennis lessons and programs*

We are dedicated to providing an empowering environment, with individualized and group programs to achieve optimal learning and functional development for our students, in the short, medium and long term.

Kim has been coaching for over 20 years in the highly competitive Southern California region. She began her training at the age of 3 by one of the top coaches in the world. Her experiences and love for teaching has given her the talents to develop students to make high school tennis teams and even college as she herself earned a college scholarship.

## *There are so many benefits to playing tennis!!*

Get your child on the court and watch them enjoy learning to play, staying active, making friends and feeling challenged, both physically and mentally. The way your kid learns and plays tennis today is different - equipment, courts and teaching techniques have changed to adapt to age, skill and ability, which means kids learn better, faster and with greater success. Not to mention, that makes tennis more fun!!



The physical benefits of tennis go beyond great exercise. Tennis also develops:

- Hand-eye coordination
- Balance and body coordination
- Speed, strength, flexibility and agility
- Tennis also strengthens a child's overall health by improving bone strength and density while promoting a healthy immune system.
- It's also a non-contact sport, which makes it one of the safest to play!!

## *Tennis develops skills for life!*

We custom tailor our program based on age and skill level to enhance overall fitness. We build hand-eye coordination, balance and body coordination, speed, strength and agility. We place a strong focus on responsibility and sportsmanship, building a positive work ethic, discipline, and enhancing mental strength and problem-solving skills.

