

Benefits of Playing:

Tennis

Tennis can be a great workout and lots of fun. Playing tennis has many health benefits including:

1. Increasing aerobic fitness without over excursion
2. Lowers resting heart rate and blood pressure
3. Improves metabolic function
4. Increases bone density
5. Lowers body fat
6. Improves muscle tone, strength, and flexibility
7. Increases reaction times.

Racquetball

1. Requires quick reaction times as well as the ability to change directions at lightning speed, excellent way to improve one's agility and balance now and helps maintain it.
2. Improves your Open motor skills by constant adjustment and adaptation to new situations, which help improve reaction time, neural functioning, and processing speeds.
3. Improvements in hand-eye coordination by forcing your decision-making skills stimulates the connection between your brain and your muscles, improving your reflexes.
4. Social and psychological benefits by helping build social relationships that keep people coming back to the court week after week.
5. Lower health risks through gameplay that can reduce health risks such as high blood pressure, obesity, and diabetes.

Pickleball

1. Pickleball improves your weight management by positively contribute to weight loss given that it keeps your body active through cardiovascular activities that help reduce the risk of heart attacks and strokes.
2. Pickleball improves mental health the game is fun, enjoyable, and relaxing which can help stress inducing thoughts or worries.
3. Treat osteoporosis through pickleball. The game is not that intense, so it is ideal for people who struggle to stay fit and flexible.
4. pickleball moves at a slower pace than tennis, it is easier on the joints while also improving balance, coordination, and agility

HAR-TRU Courts

1. HAR-TRU is a unique crushed stone product that offers many benefits to tennis players.
2. Often referred to as “fast-dry,” HAR-TRU dries quickly after a rain. It also allows you to continue play through light rain.
3. HAR-TRU is 10–15 degrees cooler to play on than a hard court.
4. It is easier on the body and reduces the incidence of common tennis injuries to the lower extremities
5. The granular HAR-TRU surface acts as a shock-absorbing cushion, allowing players to slide into their returns.
6. Longer Rallies on HAR-TRU, players get to more shots, allowing not just longer rallies but more creative, inspiring points.

