

## T115 - Burn Calories

*Why Play Tennis?  
"to burn more calories!"*



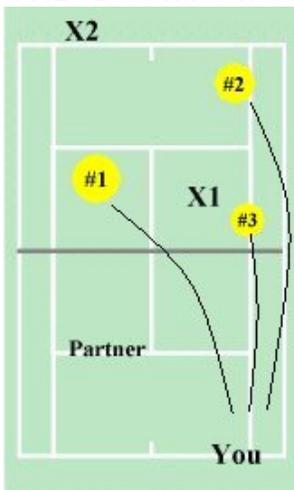
The average person burns more calories playing tennis (around 330 for doubles and 420 for singles) than doing low impact aerobics, weightlifting, riding a stationary bike hiking, walking a golf course or playing softball, baseball or volleyball -

## QN408 - Tennis the Family Activity

From Under 10 Tennis to Adult Tennis Mixers our programs make tennis a family activity! Not only can you spend quality time with your family (and friends) but the sport of tennis is rated as one of the best overall sports to learn and play. Tennis teaches life lessons such as playing fair, handling adversity and accepting challenges. Of course, tennis is also a great option for getting outside and having fun (and benefitting from the movement and exercise)!

Now it's never been easier for your family to learn and play tennis. The friendly new equipment in our Under 10 Tennis will have your children quickly hitting and rallying balls. We also have programs for all levels and ages starting at various times. Tennis is a sport you and your family can play forever and the time to start is now!

## T112 - Best Three Returns in Doubles



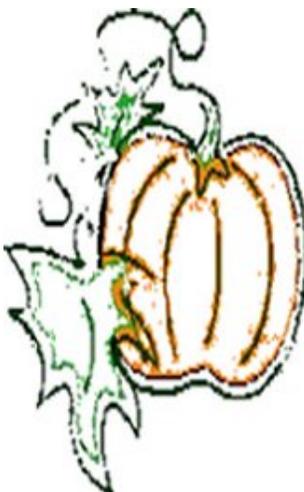
The best three options when returning serve in doubles are;  
 #1 Crosscourt Return: you have a large target area and a crosscourt return is going over the lowest part of the net, you are hitting away from the net player (usually) and you are returning the ball in the direction it came from which is an easier task than changing directions.  
 #2 Lob Return: you can force your opponents into a defensive position, it's a good option on a tough serve and it mixes things up keeping your opponents off balance.  
 #3 Down the Line Return: you can keep the net player from poaching a lot and again it is something different which can keep your opponents off balance on their serves.

Of course the most important thing to remember on this first ball is to get it in play!

Here's another tip to help improve your return of serve. Start to watch the ball when it's in the server's hand. This will help your focus and may give you some early clues on the type of serve. For example, a toss back behind the server's head probably will result in a topspin kick serve and a toss out to the side will probably be a slice serve.

For more tips and practice ideas stop by the Tennis Center!

## T114 - Pumpkin Trivia



The largest pumpkin pie ever made was more than five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

The top pumpkin production states are California, Illinois, Ohio, and Pennsylvania

Pumpkin seeds can be roasted as a snack high in fiber.

Pumpkins are fruits, and members of the vine crops family called cucurbits.

Eighty percent of the pumpkin supply in the United States is available in October.

Colonists sliced off pumpkin tops; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.

## Contact Information