

## **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/](http://www.midatlantic.usta.com/CommunityTennis/adpative_tennis/)

Main

(703) 560-9480

11410 Isaac Newton Square North, Suite 270, USTA MAS Virginia District

20190 VA

United States

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 [list of resources](#) are available on the website.

Service Area(s)

Statewide