

SPORTS

Details: Paul Wilmoth, 748-1130

GYMNASTICS

Beginner Gymnastics

Students will learn and practice strength exercises, flexibility and tumbling skills. They also will use the low and high balance beam, vault and uneven bars. This program is for children, ages 5-10.

A. M. Davis Elementary, 415 S. Providence Road

Monday, Sept. 25-Oct. 23, 4:15-5:15 p.m. \$60 Course 32851

Intermediate Gymnastics

Students will work on perfecting combinations of tricks on the floor and on all equipment, including tumbling skills, including walkovers and front and back handsprings. Students must have some prior gymnastics training. For children, ages 7-12.

A. M. Davis Elementary, 415 S. Providence Road

Monday, Sept. 25-Oct. 23, 5:20-6:20 p.m. \$60 Course 32852

TENNIS

Beginners will receive instruction in forehand, backhand and serve, as well as tennis rules and etiquette. More advanced classes will put the basic tennis strokes together and begin learning strategy. We'll refine those strokes and begin to get into some competitive situations.

Participants should bring a racket and tennis balls.

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Pee Wee Tennis

For ages 4-6. \$50 per course

Bird Athletic Complex, 10401 Courthouse Road

Saturdays, Sept. 23-Oct. 28, 11-11:45 a.m. Course 32847

Youth Beginner Tennis

For ages 7-12. \$52 per course

Bird Athletic Complex, 10401 Courthouse Road

Saturdays, Sept. 23-Oct. 28, 10-11 a.m. Course 32850



Youth Advanced Beginner/Intermediate

For ages 7-12. \$52 per course

Bird Athletic Complex, 10401 Courthouse Road

Saturdays, Sept. 23-Oct. 28, 11:45 a.m.-12:45 p.m. Course 32849

Teen Beginner

For ages 10-15. \$52 per course

Huguenot Park, 10901 Robious Road

Tuesdays and Thursdays, Sept. 26-Oct. 12, 6:30-7:30 p.m. Course 32848

Adult Beginner

For ages 18 and older. \$52 per course

Bird Athletic Complex, 10401 Courthouse Road

Saturdays, Sept. 23-Oct. 28, 9-10 a.m. Course 32845

Huguenot Park, 10901 Robious Road

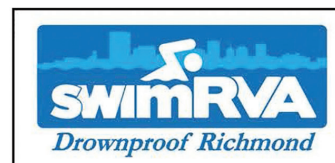
Tuesdays and Thursdays, Sept. 26-Oct. 12, 7:30-8:30 p.m. Course 32846

The First Tee Chesterfield

The First Tee Chesterfield is located in Harry G. Daniel Park at Iron Bridge and includes an 18-hole golf Course, driving range with practice areas and three hole/parthree practice Course. The facility provides affordable access to golf for all ages, with a special emphasis on youth.

Details: 275-8050 or

www.thefirstteegreaterrichmond.org



SwimRVA advocates for everyone to be physically active and fit. We offer aquatic wellness programs for residents of all ages. SwimRVA looks forward to seeing you at Collegiate School Aquatics Center (CSAC) for lessons, exercise or rehab very soon!

CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234
Details: 804-271-8271 or www.swimrichmond.org