

SPORTS

Details: Paul Wilmoth, 748-1130

GYMNASTICS

Beginner Gymnastics

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

A. M. Davis Elementary, 415 S. Providence Road
Mondays, Jan. 29-March 5, 4:15-5:15 p.m. \$60 Course 33388

Beginner Plus Gymnastics

Students will work on perfecting combinations of tricks on the floor and on all equipment. Detailed work continues on tumbling skills, including walkovers, and front and back handsprings. Students must have some prior gymnastics training. For ages 6-12.

A. M. Davis Elementary, 415 S. Providence Road
Mondays, Jan. 29-March 5, 5:20-6:20 p.m. \$60 Course 33389

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 learn strategy. We'll refine those strokes and begin to get into some competitive situations. Participants should bring a racket and tennis balls. **Not held on 5/26.**

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Pee Wee Tennis

For ages 4-6.
Bird Athletic Complex, 10401 Courthouse Road
Saturdays, April 21-June 2, 11-11:45 a.m. \$50 Course 33392

Youth Beginner Tennis

For ages 7-12
Bird Athletic Complex, 10401 Courthouse Road
Saturdays, April 21-June 3, 10-11 a.m. \$52 Course 33395

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



Youth Advanced Beginner/Intermediate

For ages 7-12
Bird Athletic Complex, 10401 Courthouse Road \$52
Saturdays, April 22-June 2, 11:45 a.m.-12:45 p.m. Course 33394

Teen Beginner

For ages 13-17
Huguenot Park, 10901 Robious Road \$52
Tuesdays and Thursdays, April 17-May 3, 6:30-7:30 p.m. Course 33393

Adult Beginner

For ages 18 and older
Bird Athletic Complex, 10401 Courthouse Road \$52
Saturdays, April 21-June 2, 9-10 a.m. Course 33390
Huguenot Park, 10901 Robious Road \$52
Tuesdays and Thursdays, April 17-May 3, 7:30-8:30 p.m. Course 33391

MAKE FRIENDS. HAVE FUN. GET EXERCISE.

Richmond Volleyball Club promotes interest in the sport of volleyball, provides training in the skills and techniques of volleyball, and fosters teamwork, sportsmanship and an appreciation for health and wellness. We offer year-round programs for beginners or experienced players ranging from age 3 to 73! Contact us today and let the fun begin!

VISIT RVC.NET CALL 804.359.3000 LIKE US ON FACEBOOK



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