



Plenty Tennis Club is officially unveiling their Tennis4Teens program with sessions continuing through out term 1 on every Thursday, 5-6 pm.

Tennis4Teens is a program developed by Tennis Victoria with funding support from VicHealth that encourages youth aged between 12-17 years to be active in a non-competitive/social environment.

Based on the research into this age cohort and their associated motivations and barriers for participation in sport, the following core principles apply to the Tennis4Teens program:

- Youth have a “say” in the activities conducted in a session
- Social element pre and/or post on court play
- Minimum of 6 weeks – with the possibility of continuing later in term 4
- Flexible i.e. drop in/out/Pay As You Go
- 1 to 1.5 hours per session
- Active Facilitator
- Use of an online platform to sign participants up
- Focus is on non-competitive, stress-free, fun, social activities both on and off court

Tennis Victoria Project Lead – Female Participation, Tamatha Harding, believes the Tennis4Teens initiative will appropriately represent what the teenage age group want to get out of their physical activity.

The Plenty Tennis Club was established in 1930 and is located on the corner of Yan Yean road and Memorial Drive, Plenty. The club engages with many people within the community through a variety of activities and offerings that cater to a number of abilities, standards and ages from 4 to 84.

Our facilitator, Jarad Marshman (previous student of PVCC) is excited by the program and hopes many teenagers within the community get involved.

Event Details:

When: Every Thursday - Don't miss out book online at www.tennis4teens.com.au
Time: 5 pm to 6 pm
Where : Plenty Tennis Club (courts 7 & 8 or club house depending on weather)
Notes: \$5 per person each week

More Information ? Go To Tennis4Teens, at: www.tennis4teens.com.au

For further information about the Plenty Tennis Club, please visit: www.plentytennisclub.com.au

- Facebook (@plentytennisclub)
- Instagram (@plentytennisclub)

For Further Information Please Contact:

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