

Healthier at the Lake



Parent Grateful for Kids' Tennis Program

Photos & Column by Lake Mom Jessica Rivera

I recently registered my kids for QuickStart/Net Generation tennis program here at the Lake and I must say that I am highly impressed! This tennis program is great for kids and is extremely affordable.

Watching all of the kids playing and learning, I could see the excitement in their faces and how much they really enjoyed themselves! The coaches are wonderful and they really kept my children engaged for the full hour and a half (which is not easy). My girls cannot stop talking about tennis now and all day asking "when is it time to go!"

They are learning the basics such as balance, coordination, and how to be quick on their feet without even realizing they are really being taught anything! They are learning through play and fun!!

My children now have a new love for a sport that I did not even realize they had any interest in.

I am very grateful that the community is offering something like this and has wonderful coaches and volunteers to make this happen for our children as tennis can become a lifelong sport.



Getting a "Quick Start" learning to play tennis at the Ashlawn Courts.

Photo by Jessica Rivera

West Coast Swing Lessons to Start

The East Coast Swing lessons were great, but now we are headed west—**JUNE 29** and **JULY 6** learn the **West Coast Swing!**



Join these fun Saturday night classes 7:30 to 8:30 PM in the Terrace Rooms (downstairs in the Ashlawn Clubhouse). The lessons, taught by professional instructors from Smooth Sailing Ballroom in Charlottesville, are open to all Lakers—both couples and singles.

The cost of each lesson is \$10 per person. Sign up for the series or individual lessons in the series. The first part of each lesson will be a short review of what was taught to that point.

The doors open at 7 PM with music to warm up. Music will also be played from 8:30 to 9 PM for additional practice.

To sign up, please contact Lisa Henry at the LMOA Main Office at 434-589-8263 or email lhenry@lmoa.org. Checks should be written to LMOA. The lessons will be open to pay-at-the-door dancers once a certain number of pre-paid reservations is received.



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