



INSIDE:
FREE **Weekly Programs**
for Veterans & People
with Disabilities to
Learn and Play Tennis

Wheelchair
Veterans
Para Standing
Special Olympics

2023-24

ADAPTIVE TENNIS PROGRAM GUIDE

WHAT IS ADAPTIVE TENNIS?

Adaptive tennis is a form of tennis that provides adaptations for people with disabilities to learn, play, and compete in the sport. Whether it's differentiated instruction, adjusting the number of bounces, or creating a supportive and rehabilitative environment, JTCC utilizes research and experienced coaches to provide adaptations for all players to feel successful playing tennis.

WHEELCHAIR TENNIS

with  MedStar National
Rehabilitation Network

for people with physical disabilities that affect mobility at or below the waist

Tennis wheelchairs are available on a limited basis and are first come, first served.



Juniors & Beginner Adult Clinic **Sundays 1:00-2:30 pm**

Differentiated instruction for juniors and adult players who are developing their tennis skills to prepare for matchplay.



Tournament-Level Clinic **Sundays 2:30-4:30 pm**

Tournament-level players who have competed in at least one tournament in the A, B, or C divisions.

VETERANS TENNIS CORPS

for military veterans & active duty service members with & without disabilities



Thursdays 12:00-2:00pm

Beginner, intermediate, and advanced players who want to try the sport for the first time or take their game to the next level.



PARA STANDING TENNIS

for people with physical disabilities that prefer to play standing



Saturdays 11:00 am-12:30 pm

Beginner, intermediate, and advanced players ages 8+ who want to try the sport for the first time or take their game to the next level.



SPECIAL OLYMPICS TENNIS

for people with intellectual/developmental disabilities



Sundays 4:30-6:00 pm

Players ages 8+ of all levels of tennis experience. Participants do not need to be a registered athlete with Special Olympics Maryland to participate.



LEARN MORE & REGISTER



jtccoutreach.org/adaptive

HEAR FROM THE COMMUNITY

"I feel so lucky to have found JTCC. I have been involved in disability sport for many years but this is the first time I have encountered such a dedicated community of people with disabilities, boosted by the coaching expertise and resources of a world-class tennis center. When I walk in the door at JTCC, I don't feel like an athlete with a disability - I am supported just the same as any other player."

- Nicky Maxwell, Para Standing player



"My brother Joaquin loves to go to wheelchair tennis on Sundays. He started playing tennis for the first time through the clinic and was thrilled to be able to play! It was an amazing experience for him and the other players, and I was able to join in on their excitement. It really makes his day and a difference in his life. He is always looking forward to play. I also want to thank the JTCC staff especially, because this class would not exist without people like them."

- Marta De Leon, Sister of Wheelchair Tennis Player Joaquin



"Since playing adaptive tennis a few years after my stroke, I can walk a lot further, and my balance and stamina have improved tremendously. If you're hesitating, come out here and try it, what's the worst that can happen? You'll fall in love with tennis and want to come play every week like I do. It's a lot of fun, it boost your self confidence dramatically, you feel good about yourself which helps everything."

- Gary Boshoff, Veteran & Para Standing player, US Navy, Stroke Survivor

LEARN MORE & REGISTER



Scan the QR Code
Visit jtccoutreach.org/adaptive
Email gheese@jtcc.org
Call 301.779.8000x132