

Getting On Court

Whether you are new to tennis and want to learn the basics or you are an experienced player and want to further sharpen your skills, we can help you.

It's easy to get started.

*If you can move your limbs,
you can play tennis!*

We can provide all the necessary equipment.

Learn and / or Improve your

- Mobility
- Functional Movement
- Eye-hand coordination
- Body Balance
- Body Fitness
- Serve
- Backhand
- Forehand
- Volley game
- Slices
- Overhead
- Tennis Strategy
- Tennis Score

Please consult with your own doctor before engaging in this or other physical activities.

Polina O. Cambron B.A. Phys. Ed,
Professional Tennis Instructor
USPTA Certified

Adults and Children
Location—Cary, NC
Oxford Hunt

Special Introductory Offer for
Single Lessons and Packages
Available

**Super Tennis Package Available
Package Includes**

First day / Introduction & Evaluation

Lesson 1 - Forehand & Backhand

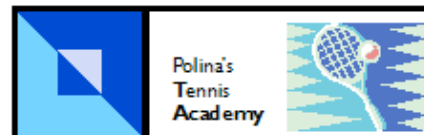
Lesson 2 - Volley Game, Footwork

Lesson 3 - Serve; Overhead

Lesson 4 - Slices; Tennis Match

Tennis for Fun / Tennis Play Day

The typical Lesson Program is 60 minutes



**Ready For a Healthy
Lifestyle Modification?**

**Learn and Improve
Your Tennis Game**

**Cardio Tennis
Weight Loss**



**Individual
Family
And
Group
Tennis Lessons
Children and Adults**

TEL: 919-637-8925

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Physical Reasons To Play Tennis

- Tennis can help you *improve your aerobic fitness and burn calories to meet your weight-loss goals.*
- The twisting, running and swinging performed during a game also help improve *muscle strength, endurance, flexibility and general body coordination.*
- Tennis promotes *deep breathing*, which is key to *relaxation.*
- It makes you physically tired and *aids sleep.*
- Tennis exercise *strengthens your heart and helps to reduce blood pressure.*
- Tennis also helps *control cholesterol and burns your fat.*
- *It improves circulation, speeds up metabolism.*
- Tennis improves *joint mobility and eye-hand coordination*, which can help to keep you active and independent in later life.
- During an hour-long singles game of tennis, a **160-lb.** individual will burn approximately **584** calories.
- *If you weigh more than this amount, you'll burn more calories.*



About

Polina O. Kravets Cambron, B.A., B.S.
Tennis Professional
USPTA Certified

Originally from Russia, Uzbekistan
Used to live in Hawaii, now live in Cary, NC

Earned a Bachelor of Science Degree at the
University of Hawaii
International Tennis Team Player,
University of Hawaii 2000-2003

Earned a Bachelor of Art Degree in Physical
Education at the Fergana State University,
Uzbekistan 1995-1999

Second ranked junior tennis player in Russia
in the 15- under division, 1991-1994
Participated in multiple International Junior
Challengers
Three times Tennis National Champion in
Russia and Uzbekistan 1991-1994

Played doubles with
Anna Kurnikova in Junior tennis.



Season opens March 1st - May 31, 2013

Intermediate Tennis Team (10 Year Olds and Up)
Beginner Tennis Team (6 Year Olds and Under)
Advanced Beginner Tennis Team (6-10 Year Olds)

Let me know if your child is on the Track out Schedule.

Family, Private and Group Adult Lessons
(Flexible Schedule)

Summer Tennis Team, June 1 - August 1

Morning
8:00-9:00 Intermediate Tennis Team
(11 Year Olds and Up)
9:15-9:45 Beginner Tennis Team
(6 Year Olds and Under)
10:00-11:00 Advanced Beginner Tennis Team
(7-10 Year Olds)
Late afternoon/Evening Schedule Available for
Family, Private and Group Adult lessons

Contact

Polina O. Cambron/Tennis Coach
For more information about the schedule.
Email polinatennisacademy@gmail.com
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