

Sportsmen's Tennis Club is serving up **FREE** tennis lessons + leadership training for girls ages 10 - 17!

Meet us on center court to learn about **High Energy Young (HEY) Sister**, a program designed for pre- and early-adolescent girls that combines tennis instruction with academic support and special Saturday programming focused on health and wellness, financial literacy, social issues and college readiness.

HEY Sister Program - Open House Event

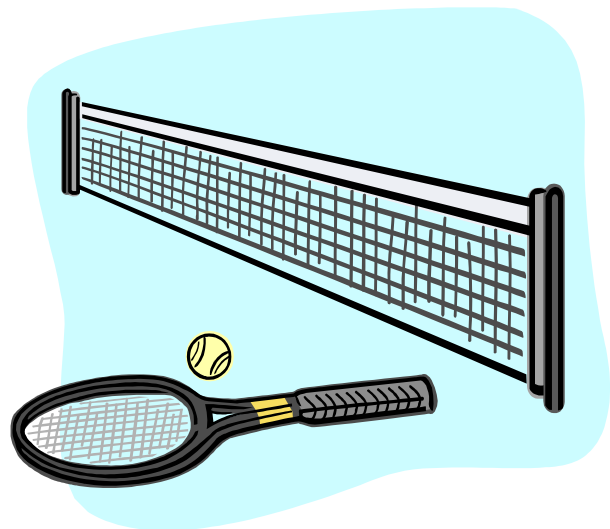
Saturday, October 25, 2008

1 pm - 4 pm

Sportsmen's Tennis Club
950 Blue Hill Avenue
Dorchester, MA 02124

Tours of the facility and on-court demonstrations will be offered.

See reverse side for program details and registration information.



Building a community of leaders on and off the court.



950 Blue Hill Avenue, Dorchester, MA 02124 / 617-288-9092
<http://www.sportsmenstennisclub.org>

OVERVIEW – SPORTSMEN’S TENNIS CLUB

Sportsmen’s Tennis Club (STC) has brought tennis into the lives of literally thousands of Greater Boston residents, young and old, since it was founded as a not-for-profit club in 1961. We boast seven indoor courts and seven outdoor courts, all built to United States Tennis Association (USTA) specifications.

Our mission is to create an interracial setting where urban youth can develop a healthy, competitive spirit on and off the tennis court; to teach the value of teamwork as well as individual achievement; to encourage interaction and friendships between people from different backgrounds; to learn to win and lose gracefully; and most importantly, to be winners in life.

PROGRAM DETAILS – HIGH ENERGY YOUNG (HEY) SISTER

HEY Sister is a *six-month program* designed for pre- and early-adolescent girls (ages 10 – 17) that combines tennis instruction with academic support and special Saturday programming focused on health and wellness, financial literacy, social issues and college readiness.

Sessions are held on Saturdays from 11:30 am – 2 pm and include the following:

- One hour of tennis instruction (equipment provided by STC)
- One hour leadership development seminar
- Free lunch

The program begins on Saturday, November 1, 2008.

REGISTRATION

To register or for more information about HEY Sister, please contact Nadine Houston at n.houston@sportsmenstennisclub.org or 617-288-9092.

DIRECTIONS TO SPORTSMEN’S TENNIS CLUB

950 Blue Hill Avenue, Dorchester, MA 02124 / 617-288-9092

From Rt. 93/Downtown/South Station/North of Boston – Expressway South. Exit at JFK/Columbia Road. Take right at end of exit. Take left (at third set of lights) onto Columbia Road. Stay on Columbia Road, approximately 10 city blocks. Take a left onto Blue Hill Avenue (the Franklin Park Zoo is straight across from this intersection). Drive four blocks to the intersection of Blue Hill and Talbot Avenues. Continue on Blue Hill Avenue and the entrance to STC is on your left.

By public transportation – Take the MBTA subway Red Line to Ashmont Station, or Orange Line to Ruggles Station. Take the 22 bus to the corner of Blue Hill Avenue and Talbot Avenue. Walk south on Blue Hill Avenue and the entrance to STC is on your left.

