

Tennis players need mobility

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always busy. On average, people play here three to five times a week."

"Normally, people play about three or four times a week," said Ms. Gerry.

To participate inside, a player's equipment is no different from when playing outside.

"You need the basics such as a racquet, a ball and shoes," Ms Robello said.

"Wear athletic clothing and non-marking shoes. Something like a cross-training or court shoe will do," Mr. Redvers suggested.

The cost to play indoors is the same as outdoor. The only extra cost is membership fees at fitness clubs, which vary depending on where you go.

It's a great sport that anyone can play no matter what the age. It's a great family sport with few restrictions and has a great competitive atmosphere as well.

Leagues are a great option for getting familiar with the sport and meeting new people.

"I believe our club has the most leagues within the Greater Toronto Area," said Mr. Redvers.

"We have 12 ladies leagues, three men's leagues, house league and round robin included on our list. Lots of people who play at Blackmore come from the Markham-Unionville, Richmond Hill and Thornhill areas."

To name a few, we have women's winter, mixed and round robin leagues," said Ms Robello.

Tennis boasts a competitive and social atmosphere with few drawbacks.

"It's a great sport that anyone can play no matter what the age. It's a great family sport with few restrictions and has a great competitive atmosphere as well," Ms Gerry said.

Mr. Redvers said the main restriction tennis has is that "if you're big and slow or overweight, it really doesn't do you any good. Mobility in tennis is huge."

For more information on indoor tennis, contact Mayfair East Racquet and Fitness Club in Markham at 905-475-8833, Blackmore Tennis Club in Richmond Hill at 905-886-4030 and Timberlane Tennis and Country Club in Aurora at 905-727-4252.

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