



Active Schools

Cranbourne Workshop

Tuesday 1st August 2023

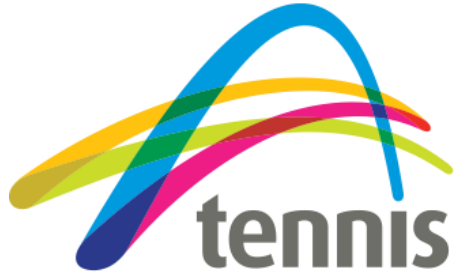
Hot Shots
and
Cardio Tennis



achper
VICTORIA



Department
of Education



Tennis Victoria

Cranbourne Workshop

Participation programs



<https://play.tennis.com.au/>

HOT SHOTS

LEARN TENNIS FOR LIFE

Tennis Hot Shots is tennis for kids! Our entry level program is designed for kids aged 3-12 with modified racquets, nets, and softer tennis balls to support your child's development. Run by our qualified coaches, you can be sure your child is gaining confidence and sports skills while making new friends.

CARDIO TENNIS

GET SET TO GET ACTIVE

Whether you're fit as a fiddle or need to get moving, Cardio Tennis is a great way to keep active. Run by our accredited coaches, you'll enjoy high energy tennis drills, activities and challenges - all set to a pumping soundtrack. Cardio Tennis is the perfect program for beginner or intermediate players who are looking to work up a sweat.



<https://tennis4teens.com.au/>

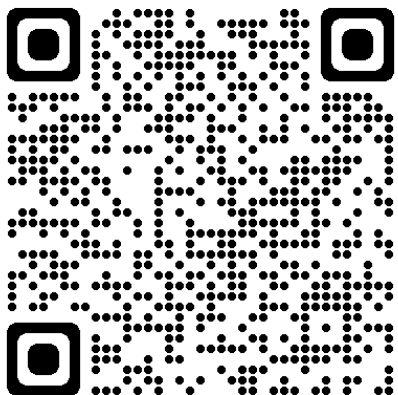
Tennis Victoria's program Tennis 4 Teens encourages youth to be active in a non-competitive/social environment.

Tennis 4 Teens is a stress-free, fun, social program that offers participants activities both on and off the court. Tennis 4 Teens is a program designed for youth with the core value being to create a safe space for the youth to be physically and mentally active through the assistance of tennis.



Tennis Australia Resources

Scan the QR code or click on the link to create an account and register for the Tennis Australia 'Bounce' platform. An online learning platform which includes tutorials, curriculum and competition resources, video library and more.



[Bounce: Log in to the site \(tennis.com.au\)](https://tennis.com.au)



Australian Government
Australian Sports Commission



Click the link below find out how you can deliver tennis at your school.



[Primary & Secondary Partner Program | Schools | Tennis Australia](#)