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For more information, contact:
NJTC (North Jeffco Tennis Club)
<https://njtctennis.com/>
vp@njtctennis.com

CELEBRATE NATIONAL TENNIS MONTH THIS MAY WITH NJTC AT THE ATC

Arvada, CO: Tennis is booming, and what better way to find yourself in the game than through local special events, promotions and play opportunities through NJTC and the APEX Tennis Center as part of National Tennis Month this May!

National Tennis Month is a nationwide grassroots effort driven by the United States Tennis Association (USTA) and its industry partners celebrating tennis, a sport which challenges one both physically and mentally. For 31 straight days, players, local coaches, facilities, retailers, tennis manufacturers and more will be driving awareness about the sport and its benefits by bringing existing and new players to the game with special events, promotions and play opportunities in their communities ... many of them FREE.

Tennis participation has seen significant growth over the past two years, with people turning to the sport to stay physically fit in a safe manner. According to the latest Physical Activity Council's participation report, more than 23.6 million people hit the tennis courts in 2022. That number represents a 33% increase since the start of 2020, with 5.9M more players picking up a racquet. In addition, according to multiple sources and studies, tennis has been shown to have a significant positive impact on the health of participants. Tennis players on average lived an additional 9.7 years than sedentary individuals.

"The increase in tennis participation for the third year in a row is not only important for the health of our sport, but also for the health and well-being of those who have made the game a part of their lives," said Brian Hainline, Chairman of the Board and President, USTA. "Tennis has a multitude of benefits, ranging from the mental to the physical, and we are excited to help lead the continued growth of a sport that helps players of all ages and ability levels stay active and healthy.

For more information about National Tennis Month, visit USTA.com/NationalTennisMonth or search hashtag #NationalTennisMonth on social media.