

Abilities Tennis

Just because we cannot be on the court together doesn't mean we have to stop practicing our skills. Abilities Tennis NC is providing all of their local programs an opportunity to stay active with them. Each week you can sign up to participate in a zoom workout together or if you prefer you can go to their website and complete workout videos independently. For more information visit <http://www.atanc.org/> or if you are interested in joining a zoom workout please contact Nicole Benbow, Program Coordinator, at nbenbow@vopnc.org for more details.

