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**For Immediate Release: January 26, 2015**

## **Serving Tennis with Love in Montgomery County**

**WASHINGTON, DC --** The YMCA of Metropolitan Washington is proud to announce a partnership with Junior Tennis Champions Center (JTCC) that will give youth and adults from all walks of life access to world-class tennis instruction. Tennis is one of the best sports for mental and physical vigor, and JTCC will help the Y expand its impact with training at YMCA Bethesda and YMCA Silver Spring.

"In offering access to the best tennis instruction in the region, we will grow interest in this sport of a lifetime, help local families find an active program that they enjoy, and connect them to the Y's mission in Montgomery County," says Pamela Curran, Chief Operating Officer, YMCA of Metropolitan Washington. "Our goals are aligned with JTCC's history of providing financial assistance to need-based families."

At the Y, tennis provides a perfect opportunity to be active, social and reconnect or start fresh with a sport you love. In addition, tennis builds self-esteem and optimism, teaches teamwork, improves motor control, and provides great aerobic and anaerobic fitness. Together, the YMCA and JTCC will open new doors across Montgomery County to the lifetime love of tennis.

JTCC, selected by the United States Tennis Association (USTA) as the first Regional Training Center and leader of 10-and-under tennis, will also offer its unique Rally In 10 Program, which is guaranteed to have adult beginners playing tennis in just three weeks. Both junior and adult programs will be offered on YMCA Bethesda's five outdoor courts and YMCA Silver Spring's four outdoor courts. Members of the Y will also be able to take advantage of JTCC's indoor winter programs.

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### **About the Y**

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. We've been connecting and supporting men, women and children in Greater Washington for over 160 years – regardless of age, income or background. Anchored in Washington, DC, southern MD, and northern VA, the YMCA of Metropolitan Washington creates a positive difference in the lives of more than 200,000 people each year through its 17 branches and program centers. We have the long-standing relationships and physical presence to not just promise, but deliver lasting personal and social change. For more information, visit [www.ymcadc.org](http://www.ymcadc.org) or follow us at [www.facebook.com/YMetroDC](https://www.facebook.com/YMetroDC).

### **About Junior Tennis Champions Center**

JTCC, a 501(c)(3) organization, is a world-class training facility located at the College Park Tennis Club. Its goal is to provide the athletic and academic instruction needed for talented and highly committed young people to excel both on the tennis court and in the classroom. The JTCC offers tennis training to children aged 4-18 on both part-time and full-time basis.