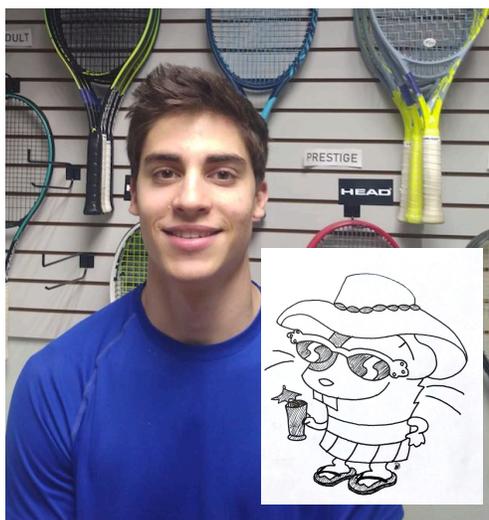


Summer



2021

Meet One of Our Pros: Jonny Vandersea (and Honeycomb)



On any given day, you're likely to see our Certified Tennis Instructor Jonny Vandersee out on the courts, teaching children to play and enjoy the game of tennis. He teaches roughly 10-12 classes per week for students between the ages of 8 to 12 years old, stressing the importance of having fun and socializing while learning the fundamentals of the game.

Jonny began playing at Paxton T&F as a middle school student, taking lessons for 6 years and working at the club during summers. He eventually became a tennis instructor, while at the same time playing competitively for his Whitinsville Christian High School Team. It was during this period he developed a love for illustration and storytelling, leading to the creation of his comic strip Honeycomb. Jonny worked with faculty at his high school to design a teaching module using the characters of Honeycomb to help middle school aged children learn Spanish. *Muy bien!*

The strip has periodically been featured on the Club's bulletin board, and Jonny has a dedicated Instagram page where he continues his terrific work.

PAXimum Sports Camp

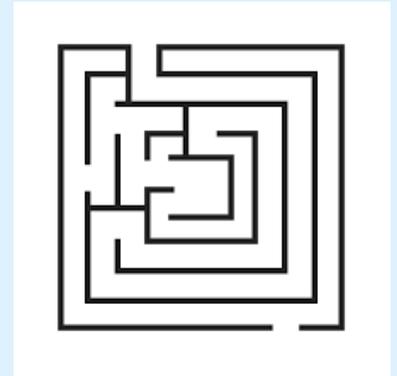
Swimming, Tennis, Soccer, Field Games, Ping Pong ... so much summer, so much to do! Day Camp for kids ages 6 to 14.

Find out more at www.paxtontennisandfitness.com/paximum-sports-camp

Personal Training

Not sure how to get started with a fitness, health & wellness plan? We offer personal training in: Adult Swim Conditioning, Aqua Fitness, Core & Functional Fitness, Corrective Exercise Specialty, Pilates, Pre & Post Rehabilitation, Running/Speed & Agility Coaching, Strength Conditioning, and Yoga.

Email Sarah at: paxtonfitnessdirector@gmail.com



More fitness tips, facts & trivia on our Members Only Facebook page. Go to the Paxton Tennis & Fitness Facebook page, click on MORE, click on GROUPS, and apply to be added to the Members Only page.

Did you know?



On average, you will walk 100,000 miles over the course of your lifetime. Keep your feet happy by gently rolling the sole of each foot on a tennis ball to release tension and keep the plantar fascia (connective tissue) healthy!



Flexibility is crucial to your daily movement patterns. It impacts everything from your posture, balance, range and ease of motion, and can help protect you from pain and injury. Come to our Daybreak Yoga Class, Tuesdays 8:00 to 9:00 am to stretch out.