



2200 Kernan Drive, Baltimore, MD 21207  
410-448-2500 [umrehabortho.org](http://umrehabortho.org)

**Driving directions to  
UM Rehabilitation & Orthopaedic Institute**

**From the Beltway (695):** Take exit 17 East onto Security Boulevard (Woodlawn). Approximately two miles east of the Beltway, turn left at the light onto Kernan Drive and follow it across Windsor Mill Road into the hospital driveway.

**From I-70 (or Beltway exit 16):** Follow "Local Traffic" to Security Boulevard. At the second light, turn right onto Kernan Drive and follow it across Windsor Mill Road into the hospital driveway.

**From Rt. 40 West (Baltimore City):** Make a right at Cooks Lane and follow onto Security Boulevard. Turn right onto Kernan Drive and follow it across Windsor Mill Road into the hospital driveway.



UM REHAB & ORTHO INSTITUTE  
**WHEELCHAIR  
TENNIS  
CLINICS — 2018**



*A proud member of the University of Maryland Rehabilitation Network*

## The University of Maryland Rehabilitation & Orthopaedic Institute wheelchair tennis clinic

is an instructional clinic to learn skills to participate in wheelchair tennis at beginner and intermediate level play. Skills will be developed in clinic with instructional sessions taught by two veteran wheelchair tennis players from the Baltimore area.

Rehabilitation is a life-long process, and sports and recreation are essential parts of this process at UM Rehab & Ortho Institute. Our adapted sports programs are available to past and present patients, as well as individuals in the community living with physical disability. The goal of the clinic is for participants to have fun and develop skills to put into practice when playing tennis with family and friends in their community.

***Sports chairs will be available to use (free of charge) on a first come, first served basis.***



## Who should attend

Individuals 16 years and older living with physical disability who wish to play wheelchair tennis.

## Tennis Clinics – 2 Sessions

### I. SPRING

**4 Saturdays**

**May 12 through June 2**

**10:30 am – 12:00 pm**

### II. FALL

**5 Saturdays**

**September 15 through October 13**

**10:30 am – 12:00 pm**

**University of Maryland  
Rehabilitation & Orthopaedic Institute  
2200 Kernan Drive | Baltimore, MD 21207**

**Cost: FREE**

**Please return registration form to:**

UM Rehab & Ortho Institute  
2200 Kernan Drive  
Baltimore, MD 21207

**For more information, contact Mike Henley, CTRS  
at 410-448-6307 or [mhenley@umm.edu](mailto:mhenley@umm.edu)**

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## YOU CAN EXPECT TO LEARN:

- ✓ Techniques such as stroke mechanics and production (forehand, backhand, volley, serve) and wheelchair tennis mobility skills
- ✓ Scoring and other aspects of game play
- ✓ Basic conditioning and training techniques for participation
- ✓ Information about other wheelchair tennis programs in the area
- ✓ Information about sports wheelchairs and resources for those interested in obtaining their own equipment