



# FUN STARTER TENNIS F.A.S.T.

**GIVE TENNIS A TRY!  
START HERE!**



- Intro to tennis for adults and youth.
- Join these four-week sessions and advance from beginner to confident player.
- Master the skills in FAST 1 and move up to FAST 2.
- No equipment needed.
- F.A.S.T. Junior, ages 11+.

**2025**

**JUNIOR F.A.S.T.,  
SATURDAYS,  
12-1:30 PM**

**F.A.S.T. 2 >>> JAN 4-25  
F.A.S.T. 1 >>> MAR 1-22  
F.A.S.T. 2 >>> MAY 3-31**

**ADULT F.A.S.T.,  
SATURDAYS,  
1:30-3 PM**

**F.A.S.T. 1 >>> JAN 4-25  
F.A.S.T. 2 >>> MAR 1-22  
F.A.S.T. 1 >>> MAY 3-31**

**Stop at the Manlius Y front desk, call 315.692.4777, or  
visit [ymcacny.org](http://ymcacny.org) to register today.**