

# RACQUET CLUB JUNIOR TENNIS PROGRAM - WINTER/SPRING 2012

## Class Descriptions

### QUICK START

4 - 5 yrs	Tue & Thu	4:30 - 5:15 pm
6 - 7 yrs	Tue & Thu	5:15 - 6:00 pm
8-10 yrs	Tue & Thu	6:00 - 7:00 pm

Quick Start Tennis is an exciting format endorsed by the USTA for teaching tennis to kids. This program is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It's the fast, fun way to get kids into tennis and keep them playing.

### JUNIOR DEVELOPMENT CLASSES

#### 10 – 15 yrs

Tue & Thu 4:30 - 5:30 pm

Juniors in this class may have had lessons before but are not quite ready for match play or tournaments. Players will be divided into appropriate groups based on ability, technique, age and professional opinion. Each session will include stroke mechanics, physical and mental tasks, game drilling, match play (when appropriate) and conditioning. Our goal with each session is to have the players hit as many balls as possible in a fun, safety conscious environment. Each group will be pushed for their appropriate level. These sessions are designed for the entry level to intermediate player.

### PRE-TOURNAMENT GROUP

#### 12 - 18 yrs

Mon & Wed 4 - 5:30 pm

This group is open to all players ages 12-18 years who are seeking year around tennis. Players will be divided into appropriate groups based on ability, technique, age and professional opinion. Each session will include stroke mechanics, physical & mental tasks, game drilling, match play, doubles & singles strategy and conditioning. Our goal is to have players hit as many balls as possible in a fun, safety conscious environment. Advancement in technical skills is our primary objective. This group is designed for those players looking to play in tournaments in the future or who play at the junior varsity high school level.

### TOURNAMENT & HIGH SCHOOL

#### CLASSES 12 - 18 yrs

Mon & Wed 4 - 5:30 pm

This group is open to competitive players. Players will be divided into appropriate groups based on ability, technique, age and professional opinion. Each session will include stroke mechanics, physical & mental tasks, game drilling, match play, doubles & singles strategy and conditioning. These sessions are focused on live ball (consistency based) versus dead ball (feeding out of a basket). Our goal is to have players hit as many balls as possible in a fun, safety conscious environment. Each group will be pushed to the appropriate level. These weekly sessions are designed for High School Varsity / USTA tournament level players.

### Session Dates

Six week sessions

Session 1 Jan 9 - Feb 19

Session 2 Feb 20 - Apr1

Session 3 Apr 9 - May 20

\* No lessons the week of Spring Break

Apr 2 - 8

### Session Sign-up Dates

Session 1 Mon, Dec 19, Member

Mon, Dec 26, Guest

Session 2 Mon, Jan 30, Member

Mon, Feb 6, Guest

Session 3 Mon, Mar 19, Member

Mon, Mar 26, Guest

### Session Fee

CLASS	MEMBER	GUEST
Quick Start (4-7)	\$72	\$108
Quick Start (8-10)	\$96	\$144
Junior Development	\$96	\$144
Pre-Tournament Group	\$144	\$216
Tournament Group	\$144	\$216

### Junior Play Night

\$5 / time - Member

\$10 / time - Guest

### JUNIOR PLAY NIGHT

#### Junior Development/PreTourney Group

Sun 5:30 –7 pm

### Tournament Group

Sun 7:00-8:30 pm

This is a weekly activity that you can sign up for every week. Members can sign up following their weekly play for the following week. Guests can sign up three days prior to their weekly play. There is a maximum of 20 spots per time slot.

**Juniors do not need to participate in weekly classes to play Junior Play Night.**

# RACQUET CLUB ADULT TENNIS PROGRAM - WINTER/SPRING 2012

## Weekly Clinics

### Intro to Tennis

Tue 5:30 - 6:30 pm

If you are a novice or a player who hasn't played in years, this clinic will provide you with the fundamentals of tennis.

### Adult Intermediate

2.5-3.0+ players  
Tue 6:30 -7:30 pm

An extension to our Intro to Tennis clinic, the focus of this class is live ball drills, strategy, point like situations and stroke analysis.

### Tennis Workout

Wed 11:30 am -12:30 pm  
Sat 9:00 -10:00 am

Come and participate in a weekly workout / drill session. You will be put through dead ball, live ball and game like drills. This is for all levels and for both men and women.

### Session Dates

Six week sessions

Session 1 Jan 9 - Feb 19  
Session 2 Feb 20 - Apr 1  
Session 3 April 9 - May 20

No lessons the week of Spring Break  
Apr 2-8

### Session Sign-up Dates

Session 1 Mon, Dec 19, Members  
Mon, Dec 26, Guests  
Session 2 Mon, Jan 30, Members  
Mon, Feb 6, Guests  
Session 3 Mon, Mar 19, Members  
Mon, Mar 26, Guests

### Session Fee

Member - \$60 / session or \$15/Time  
Guest - \$90 / session or \$20/Time \*\*  
\*\*Providing class is not full

## Weekly Sign-up Events

Members may sign up following their weekly activity. Guests may sign up three days prior to their weekly activity. Weekly events run Jan 9 through May 20.

### LADIES NIGHT

Mon 5:30 - 7 pm (3.0 - 4.0)

Member sign-up deadline is Fri, 10 pm  
Guest sign-up begins Sat, 7 am.  
Limited to first 20 players each week.

### MEN'S NIGHT

Wed 5:30 - 7 pm (3.0 & 3.5)  
Wed 7 - 8:30 pm (4.0+)

Member sign-up deadline is Sunday, 8 pm.  
Guests sign-up begins Mon, 5 am.  
Limited to first 20 players each week.

### Weekly Fee

Member - \$5 / week  
Guest - \$20 / week

## Ladies Day League

2.5/3.0

Wed 10 - 11:30 am

Member sign-up deadline is Sun, 8 pm.  
Guests sign-up begins Mon, 5 am.  
Limited to first 20 players each week.

### Weekly Fee

Member - \$5 / week  
Guest - \$20 / week

## Ladies Day League

3.5 & 4.0 +

Ladies 3.5 Tue 10 -11:30 am  
Ladies 4.0+ Thu 10 -11:30 am

Play with two different partners each week for match play. Maximum of 20 players per league.

### Session / Weekly Fee

Member - \$30 / Session  
Guest - \$20 / Week

If you are interested in playing in these leagues (3.5 & 4.0+ every week); please sign up at the Service Desk. Space is limited to the first 20 players. If you would like to play as a substitute, please sign up on our substitute list.