



2012 JUNIOR INSTRUCTIONAL PROGRAMS

To register, complete the form on the back of this sheet and turn it in to the front desk or fax it to 301-779-8120. For more information, contact us at 301-779-8000.

Session 3: January 31st - April 2nd (9 Weeks)

Parent and Me (ages 3-5)

This class is designed for the youngest tennis enthusiast who - with the help of a parent - learns agility, coordination and ball handling skills while having fun in a tennis setting. This class utilizes the QuickStart format- modified courts, smaller rackets and transition balls. **For children under the age of 5, this class is a pre-requisite for moving into Future Stars. Class takes place on the Red, 36' court.** Parent participation required/One parent per child.

Saturday/Sunday	9:00-10:00 am	Member	\$105
		Non-Member	\$150

Future Stars (ages 5-8)

This class utilizes the QuickStart format- modified courts, smaller rackets and transition balls. The class is a beginner level class in which players work on developing hand-eye coordination, balance, and use a variety of fun and dynamic tennis training techniques. This class encourages cooperative play through exciting games and activities. **The class takes place on Red, 36' court.**

Tuesday	5:00-6:00 pm	Member	\$160
Saturday/Sunday	9:00-10:00 am	Non-Member	\$200

Advanced Cardio Kid's (ages 8-12)

This fast-paced class is for the tennis enthusiast who wants to get a full cardiovascular workout while having fun on the tennis court. Emphasis is on movement and fun, although tennis mechanics will be reviewed in the context of play. The QuickStart format, with orange and green balls, will be utilized.

Tuesday	6:00-7:00 pm	Member	\$140
		Non-Member	\$195

Intermediate Aces

This class is designed for the tennis enthusiast who has some prior tennis experience. The QuickStart format is used with a focus on stroke mechanics and technique, continued development of motor skills, balance and agility. Proper footwork, serve mechanics and cooperative play are introduced. **Play will take place on the Red, 36' court.**

Monday/Wed./Thurs./Friday	5:00-6:30 pm	Member	\$220
Saturday/Sunday	10:00-11:30 am	Non-Member	\$330

High School Elite

This class is designed for players in middle school and high school looking to participate on a high school team. The focus of the class is technique, footwork and singles and doubles strategies. (For the more advanced, tournament level player, please inquire about our Advanced Tournament Training Programs)

Saturday	11:30-1:00 pm	Member	\$285
		Non-Member	\$390

Advanced Development

This class is designed for the player who can already play tennis, but needs work on technique, footwork and tactics. The class focuses on tennis-specific movement, decision making skills, situational and competitive play. **Play will take place on the 60' Orange court.** (For the more advanced, tournament level player, please inquire about our Advanced Tournament Training Programs)

Monday/Wed./Thurs./Friday	4:30-6:30 pm	Member	\$315
Saturday/Sunday	11:00-1:00 pm	Non-Member	\$435

