

# 2009-2010

## JUNIOR INSTRUCTIONAL PROGRAMS

5200 Paint Branch Parkway, College Park, MD 20740  
Ph 301-779-8000 Fax 301-779-8120



The Junior Tennis Program includes five different classes for youth between the ages four and eighteen. The program will provide a structured and fun framework for learning and will foster a lasting enjoyment for the game of tennis. Session dates include:

<b>SESSION 1:</b> 7 weeks Sep10 - Oct 21	<b>SESSION 2:</b> 8 weeks Oct 22 - Dec 16 (No classes Nov 25-29)	<b>SESSION 3:</b> 8 weeks Jan 7 - Feb 24	<b>SESSION 4:</b> 8 weeks Feb 25 - Apr 14 (No classes Apr 3-4)	<b>SESSION 5:</b> 8 weeks Apr 15 - June 9
--	---	--	---	---

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 Club Manager at 301-779-8000.

### SCHEDULE OF PROGRAMS

#### Future Stars- Quick start (ages 4-6) Foam and Transitional Balls

*The Future Stars clinic* has been specifically designed for young children, ages 4-6. Our number one goal is to have fun while introducing the sport of tennis. Students will develop motor skills, hand-eye coordination and balance while utilizing a variety of fun and dynamic training techniques and training aides. Children will learn basic tennis strokes and simple strategies of the game in a cooperative learning environment. The Quick start red/yellow developmental balls are used in conjunction with foam training balls.

#### All Stars – Quick start (Ages 7-8) Foam and Transitional Balls

*The All Star clinic* is also an introductory level tennis program, but is designed for the slightly older child. Students further develop hand-eye coordination and balance and use a variety of fun and dynamic training techniques. In addition to learning basic strokes of the game, the students learn tennis strategy through the use of different games and activities. The Quick start red/yellow balls are used in training in addition to foam training balls.

<b>Tuesday</b>	<b>4:30 - 5:30 pm</b>		<b>Session 1</b>	<b>Session 2-5</b>
<b>Thursday</b>	<b>4:30 - 5:30 pm</b>	Member	\$84.00	\$96.00
<b>Saturday</b>	<b>12:00 - 1:00 pm</b>	Non-Member	\$105.00	\$120.00
<b>Sunday</b>	<b>12:00 - 1:00 pm</b>	*Member Discount – 2 days/week : 8%, 3 days/week : 16%		

#### Intermediate - Aces (Ages 8-10) Transitional Balls and Regular Balls

This clinic is the highest level utilizing the Quick start format. The focus of this group is stroke mechanics and technique, continued development of motor skills, balance and agility. Proper footwork is developed and serve mechanics are introduced at this level. Players are introduced to match play on modified courts using special scoring and Quick start low compression red/yellow balls, yellow/green balls and eventually regular balls.

<b>Monday</b>	<b>4:30 - 6:00 pm</b>		<b>Session 1</b>	<b>Session 2-5</b>
<b>Wednesday</b>	<b>4:30 - 6:00 pm</b>	Member	\$126.00	\$144.00
<b>Saturday</b>	<b>1:30 - 3:00 pm</b>	Non-Member	\$158.00	\$180.00
<b>Sunday</b>	<b>1:30 - 3:00 pm</b>	*Member Discount – 2 days/week : 8%, 3 days/week : 16%		

#### Advanced Development (Ages 9-12) (Fitness for the first ½ hour) Regular Balls

Students are exposed to full range of technical/tactical development. All court tennis is emphasized. The program focuses on drills that develop movements, recovery, decision making skills, situational and competitive play. This is the final development stage before the children enter the Junior Champions-Advance Tournament Training Program.

<b>Monday</b>	<b>4:30 - 6:30 pm</b>		<b>Session 1</b>	<b>Session 2-5</b>
<b>Wednesday</b>	<b>4:30 - 6:30 pm</b>	Member	\$315.00	\$360.00
<b>Friday</b>	<b>4:30 - 6:30 pm</b>	Non-Member	\$395.00	\$450.00
<b>Saturday</b>	<b>2:30 - 4:30 pm</b>	*Member Discount – 2 days/week : 8%, 3 days/week : 16%		
<b>Sunday</b>	<b>2:30 - 4:30 pm</b>			

See Reverse for Additional Clinics, Information & Registration Form

**JUNIOR TENNIS CHAMPIONS PROGRAM-ADVANCE TOURNAMENT TRAINING**

The Junior Tennis Champions Program is designed for the more serious player. The program stresses mental discipline, conditioning and refined racquet skills. Match play performance will improve with on-court coaching.

**Advance Tournament Training-Junior Champs Workout (Ages 8-12) (Fitness for the first 1/2 hour)**

Improve mechanics for all strokes, footwork and conditioning; develop consistency and improve shot making. Learn sound match play tactics.

<b>Tuesday - Friday</b>	<b>5:30 - 8:00 pm</b>	Member	<b>Session 1</b> \$560.00 per day	<b>Session 2-5</b> \$640.00 per day
<b>Saturday</b>	<b>2:30 - 5:00 pm</b>	Non-Member	\$700.00 per day	\$800.00 per day
<b>Sunday</b>	<b>2:30 - 5:00 pm</b>	*Member Discount – 2 days/week : 8%, 3 days/week : 16%		

**Advanced Tournament Training-Champs Workout (Ages 13-18) (Fitness for first hour)**

Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

<b>Monday - Friday</b>	<b>4:00 - 7:00 pm</b>	Member	<b>Session 1</b> \$840.00 per day	<b>Session 2-5</b> \$960.00 per day
		Non-Member	\$1,050.00 per day	\$1,200.00 per day
		*Member Discount – 2 days/week : 8%, 3 days/week : 16%		

**GENERAL INFORMATION & REGISTRATION**

1. **Payment** – Full payment must be made at time of registration. If you wish to mail a check, please mail to the following address with your name, program names, session date and day of week.

**The Tennis Center at College Park  
ATTN: Club Manager  
5200 Paint Branch Parkway  
College Park, MD 20740**

2. **Cancellations and Withdrawals** – Refunds or credits cannot be issued after a program has begun except for medical reasons.

3. **Make Up Procedures** – To schedule a make up you must call the front desk in advance and we will get the class made up to the best of our ability prior to the end of the session.

4. **Inclement Weather** – If Prince George's schools are closed or are closing early due to inclement weather please call the club to find out whether your clinic has been cancelled.

**Registration for Junior Programs**

**Future Stars Quick Start**    \_\_\_ Tuesday    \_\_\_ Thursday    \_\_\_ Saturday    \_\_\_ Sunday

**All Stars Quick Start**    \_\_\_ Tuesday    \_\_\_ Thursday    \_\_\_ Saturday    \_\_\_ Sunday

**Intermediate – Aces**    \_\_\_ Monday    \_\_\_ Wednesday    \_\_\_ Saturday    \_\_\_ Sunday

**Advanced Development**    \_\_\_ Monday    \_\_\_ Wednesday    \_\_\_ Friday    \_\_\_ Saturday    \_\_\_ Sunday

**ATT (Jr. Champs)**    \_\_\_ Tuesday    \_\_\_ Wednesday    \_\_\_ Thursday    \_\_\_ Friday    \_\_\_ Saturday    \_\_\_ Sunday

**ATT (Champs)**    \_\_\_ Monday    \_\_\_ Tuesday    \_\_\_ Wednesday    \_\_\_ Thursday    \_\_\_ Friday

**SESSION 1** \_\_\_\_\_    **SESSION 2** \_\_\_\_\_    **SESSION 3** \_\_\_\_\_    **SESSION 4** \_\_\_\_\_    **SESSION 5** \_\_\_\_\_

**Total Amount Enclosed \$** \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Birthday \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of the Tennis Center at College Park, its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless the Tennis Center at College Park, its employees, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. Refunds will only be given for medical reasons (physician's notice may be required for a medical refund). I have read and understand the above liability.

Signature \_\_\_\_\_ Date \_\_\_\_\_