

ADULT FALL PROGRAM

Early Fall | September 3 - October 13, 2019

Tennis Membership

Family \$350/Year
Adult \$200/Year
Court Rental \$22/Day
Sign up at the FITshop

Clinics

All clinics are 6 weeks long, with the exception of Monday clinics, which are 5 weeks long (due to Labor Day).
Sign up at the FITshop

New This Fall

Introducing Match Points and Men's Wednesday Night Lights.
See reverse side for details.
Sign up at the FITshop

Registration

All registrations require pre-payment. Tennis make-up classes are not guaranteed. Missed classes may be made up if advance notice of absence is provided, the requested make-up date is within current session, and there is room in the requested class. In the event of class cancellation by the Club, participants will be refunded the value of the class. A more detailed policy is provided on the back of the registration form.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM						
8:00AM	7:45-8:45AM CARDIO TENNIS		7:45-8:45AM CARDIO TENNIS		7:45-8:45AM CARDIO TENNIS	
9:00AM				9-10:30AM INTERMEDIATE		8:30-10AM WEEKEND WARRIORS
10:00AM			10AM-12PM ADULT CAMP 3.5/4.0			8:30-10AM MEN'S DRILL BY INVITE ONLY
11:00AM						
12:00PM					12-1PM STROKE OF THE WEEK	
1:00PM	1-2:30PM MATCH POINTS		1-2:30PM MATCH POINTS		1-2:30PM MATCH POINTS	
2:00PM						
3:00PM						
4:00PM						
5:00PM						
6:00PM	5:30-6:30PM CARDIO TENNIS	6-7:30PM MEN'S DRILL BY INVITE ONLY	5:30-6:30PM CARDIO TENNIS	6-7:30PM BEGINNER, WEEKDAY WARRIORS		
7:00PM	6:30-8PM INTERMEDIATE, ADVANCED BEGINNER		6:30-8:30PM MEN'S WEDNESDAY NIGHT LIGHTS		6:30-8PM EARLY FALL SOCIAL SEPTEMBER 20 \$25/PERSON FOOD & BEV INCL.	

EARLY FALL SOCIAL, SEPTEMBER 20, 2019

Come out to play some matches during our Early Fall Social. Matches are played in round robin style, and the focus is fun! \$25 per person, and payment is requested at sign up. Drinks and snacks will be included. We reserve the right to not refund payment in the event of cancellations made within 24 hours. This event is appropriate for players at the intermediate level and above.

SESSION-BASED CLINICS

Adult Beginner, \$186/\$234 (M/NM) (Thursdays, 6 weeks)

Hoping to pick up tennis or returning to the sport after some time away? Try our Adult Beginner clinic which facilitates learning the basics of tennis, including different stroke mechanics, and match play. Continue to focus on stroke development and rallying.

Adult Advanced Beginner, \$155/\$195 (M/NM) (Mondays, 5 weeks)

Develop stroke consistency, work on understanding scoring and match play.

Adult Intermediate, \$155/\$195 (M/NM) (Mondays, 5 weeks), \$186/\$234 (M/NM) (Thursdays, 6 weeks)

Build up your tennis game in our Intermediate class. This class focuses on drills and rallying to help develop skills and match tactics to take you to the next level. Improve stroke dependability, directional control, net-play, and doubles strategy.

Weekday/Weekend Warriors, \$186/\$234 (M/NM) (Thursdays or Saturdays, 6 weeks)

A high-paced, high-energy clinic with an emphasis on hitting a lot of balls while also focusing on court movement and positioning. This class is suitable for intermediate players and above.

WEEKLY CLINICS

Doubles with a Pro, \$25/\$33 (M/NM) (Pay per class)

Get 3 players together to play with one of our pros. Recommended for players at the intermediate level or higher.

Stroke of the Week, \$20/\$28 (M/NM) (Pay per class)

Suitable for all levels, this class will improve your game by focusing on a different stroke each week. Emphasis will be on proper technique.

Men's Wednesday Night Lights, \$25/\$33 (M/NM) (Pay per class)

This is perfect for men who do not regularly compete and want some social match play. Pro-hosted, round robin style tournaments.

Match Points, \$20/\$28 (M/NM) (Doubles, pay per class) \$30/\$38 (M/NM) (Singles, pay per class)

Build your mental toughness and match strategy. Collect 4 players for doubles or 2 players for singles and hire a pro to critique your match play skills.

Cardio Tennis, \$20/\$28 (M/NM) (Pay per class)

This clinic focuses on hitting as many tennis balls as possible while incorporating a variety of tennis movements during a fast-paced, ball-feeding drill session. Get your heart pumping and work on your tennis game all at once! This class is appropriate for players at the advanced beginner level and above.

Adult Camp, \$40/\$48 (M/NM) (Pay per class)

Build your consistency skills through rallying, skill development, and point play. Emphasis will be on repetitive actions to reinforce skills. This camp is for intermediate to advanced level players (USTA rating 3.5 or above).

JUNIOR FALL PROGRAM

Early Fall | September 3 - October 13, 2019

Tennis Membership

Family \$350/Year
Junior \$100/Year
Court Rental \$16/Hour
Sign up at the FITshop

Clinics

All clinics are 6 weeks long, with the exception of Monday clinics, which are 5 weeks long (due to Labor Day).
Sign up at the FITshop

New This Fall

Introducing Saturday and Sunday Match Play. See reverse side for details.
Sign up at the FITshop

Registration

All registrations require pre-payment. Tennis make-up classes are not guaranteed. Missed classes may be made up if advance notice of absence is provided, the requested make-up date is within current session, and there is room in the requested class. In the event of class cancellation by the Club, participants will be refunded the value of the class. A more detailed policy is provided on the back of the registration form.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM						8:30-10AM 14 & UNDER	
9:00AM							
10:00AM			10:30AM-12PM TENNIS FOR TOTS			10-11AM, 6 & UNDER, 8 & UNDER	
11:00AM						10-11:30AM, JUNIOR MATCH PLAY, AGES 9-12	
12:00PM						11:30AM-1PM BEGINNER HIGH SCHOOL	
1:00PM							
2:00PM							
3:00PM	3-4:30PM TENNIS FOR TOTS						
4:00PM	4:30-5:30PM 6 & UNDER, 8 & UNDER, 10 & UNDER, 12 & UNDER	4:30-6PM 14 & UNDER, 18 & UNDER	4:30-5:30PM 6 & UNDER, 8 & UNDER, 10 & UNDER, 12 & UNDER	4:30-6PM 14 & UNDER, 18 & UNDER	4:30-5:30PM 6 & UNDER, 8 & UNDER, 10 & UNDER, 12 & UNDER		4-5:30PM JUNIOR MATCH PLAY, AGES 14-18
5:00PM							

NEW JUNIOR MATCH PLAY

Match play focuses on players using tactical and technical skills developed during practice. It consists of players understanding the fundamentals of scoring, using tactics to exploit their opponents weaknesses and playing to their own strengths. Players will learn how to compete and conduct themselves during pressure situations. Match play is the ultimate goal of practice.

Saturday match play: 9-12 years of age, \$90*/session or \$20/week

Sunday match play: 13-18 years of age, \$90*/session or \$20/week

**if attending a junior class during week, the cost is \$45/session.*

Tennis for Tots, Ages 3-4, \$65 (Mondays, 5 weeks) or \$78 (Wednesdays, 6 weeks)

This is a fun way for a child to develop coordination and motor skills while introducing them to the game of tennis. Classes are 30 minutes in duration.

Ages 6 & Under, \$75/\$115 (M/NM) (Mondays, 5 weeks) or \$90/\$138 (M/NM) (Wednesdays or Fridays, 6 weeks)

Introduce your child to tennis with slower, softer balls on a smaller court. Fun games help new players develop the technique and coordination needed to progress in tennis play.

Ages 8 & Under, \$110/\$150 (M/NM) (Mondays, 5 weeks) or \$132/\$180 (M/NM) (Wednesdays or Fridays or Saturdays, 6 weeks)

These players will prepare to transition to the 60' court. They have demonstrated an understanding of basic groundstroke and serve technique as well as the ability to rally 10 or more in a row. Players are both physically and mentally prepared to begin to work on the situational aspects of the game.

Ages 10 & Under, \$110/\$150 (M/NM) (Mondays, 5 weeks) or \$132/\$180 (M/NM) (Wednesdays or Fridays, 6 weeks)

Faster balls and larger courts help your child build more advanced techniques and improve their tennis skills. Fun drills keep kids moving as they learn more about team and individual play in tennis.

Ages 12 & Under, \$110/\$150 (M/NM) (Mondays, 5 weeks) or \$132/\$180 (M/NM) (Wednesdays or Fridays, 6 weeks)

The most advanced stage before progressing to a standard tennis ball. This offers a chance for junior players to continue developing their techniques and to implement more advanced tactics in both team and individual match settings.

Ages 14 & Under, \$180/\$228 (M/NM) (Tuesdays or Thursdays or Saturdays, 6 weeks)

Players continue to work on skill development and match tactics using standard balls on a regulation court. A variety of drills and games keep players engaged while continuing to build technique.

Ages 18 & Under, \$180/\$228 (M/NM) (Tuesdays or Thursdays, 6 weeks)

Skill development continues with increasing focus on building individual player's strengths. More match tactics are discussed and practiced.

Beginner High School, \$180/\$228 (M/NM) (Saturdays, 6 weeks)

For high school-aged players who are new to the sport or have limited experience. The class will focus on fundamentals and include match play.

CANCELLATION POLICY

Classes with fewer than three participants may be subject to cancellation. In the event this occurs, we will do our best to find an alternate class. If this is not possible, a refund will be issued for the cancelled portion.