



2015 TENNIS SHORT SPRING SESSION



Skyline Sport & Health Junior Tennis Program

For the 40th consecutive year, Skyline Sport and Health Club is offering a comprehensive tennis program for junior tennis players 3 to 17 years of age and all ability levels. Participants in the program will learn the fundamentals of sound stroke production through detailed instruction and drilling. Students also receive instruction on proper tennis etiquette, conditioning, and competitive play.

This is a eight-week program, begins April 13 through June 6, 2015. (Registration Form and fees are on the back.) Sign up for Summer camp June 8 to August 28.

Pee Wee's

Exposure to the fundamental skills of tennis, such as basic stroke pattern, running, throwing, catching and hitting with hand/eye coordination, spatial and body awareness.

Beginner Pee Wees/Minimal Experience Players (Ages 3–6)

USTA QUICK START METHOD

Monday	4–5 pm / 5–6 pm
Tuesday	4–5 pm / 5–6 pm
Wednesday	4–5 pm / 5–6 pm
Thursday	4–5 pm / 5–6 pm
Saturday	12–1 pm

Beginner to Advanced Beginner

Introduction to the fundamental skills with an emphasis on consistent stroke production and footwork. Emphasis is placed on techniques of the serve, return of serves, groundstrokes, volleys, and overheads, along with continuing to develop hand-eye coordination, motor skills and court line recognition.

Continued emphasis on game-based teaching with players put in different rallying situations of singles play, with continued reinforcement on stroke technique.

Beginner to Advanced Beginner

UNDER 10 USTA QUICK START METHOD

Monday	4–5 pm / 5–6 pm
Tuesday	4–5 pm / 5–6 pm
Wednesday	4–5 pm / 5–6 pm
Thursday	4–5 pm / 5–6 pm
Saturday	1–2 pm (Ages 7 to 10) <i>Quick Start Method</i>
Saturday	2–4 pm (Ages 11 to 17)
Sunday	1–2 pm (Ages 10 and under)

Intermediate to Advanced Intermediate

Emphasis is on putting players in a more competitive atmosphere based on teaching situations (tactics). Players are introduced to point play in both singles and doubles. Stroke mechanics will be reinforced through playing the game and/or by match simulated situations.

Intermediate to Advanced Intermediate

Monday	4–5 pm / 5–6 pm
Tuesday	4–5 pm / 5–6 pm
Wednesday	4–5 pm / 5–6 pm
Thursday	4–5 pm / 5–6 pm
Friday	5–7 pm (With coaches' approval)
Saturday	1–2 pm (Ages 7–11)
Saturday	2–4 pm

Advanced Performance/Tournament

Curriculum is based on teaching singles and doubles situations, focusing on decision making and dealing with competitive pressure. Advanced stroke mechanics will be reinforced in singles and doubles play. Emphasis on developing a well rounded game as well as taking the ball on the rise, varying spins, pace and shot patterns.

Advanced Performance/Tournament —

Subject to Approval by Coaches

Monday	5–7 pm
Thursday	5–7 pm
Friday	5–7 pm
Saturday	2–4 pm
Sunday	12:00–2 pm

High Performance Young Players Group (7–10 Years)

Sunday 2–3:30 pm

Advanced Performance/ Tournament —

Subject to Approval by Coaches

This group is for aspiring young tournament players 7 to 10 years old, who have decided that tennis is the sport they want to focus on, and to develop the skills required to become strong tournament players.



sport&health

SKYLINE

sportandhealth.com

2015 Junior Tennis Short Spring Registration Form



Parent's Name _____

Participant's Name _____ Member Non-Member

Home Phone _____ Work Phone _____ Cell Phone _____

E-Mail _____ Age _____

Address _____

City _____ State _____ ZIP _____

Does your child have any major medical issues we should know about? Explain _____

Payment

Program Name _____

Start Date _____ End Date _____ Start Time _____ End Time _____

Total Amount _____

Type of Payment Cash Check (# _____) Credit Card Card on file

I authorize Sport & Health Clubs, L.C., to auto-charge the credit card currently on my account.

RELEASE: Participant understands that engaging in Club programs and activities and other physical activities in the Club premises involves risks, without limitation, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints, or muscles. Participant confirms that Participant is voluntarily participating in Club programs and activities and other physical activities in the Club with knowledge of the dangers involved. In consideration of making facilities and/or services available. Participant hereby for and on behalf of Participant and Participant's heirs and legal representatives, releases Sport & Health Holdings, L.C. and its principals, contractors, affiliates, employees, equity holders, directors, managers, members, officers, agents, representatives, guests and invitees from any and all claims and demands of every kind, nature and character which Participant may have or hereafter acquire for any and all damages, injuries or losses which may be suffered or sustained by Participant in connection with any Club program or activity.

Signature _____ Date _____

Junior Program Fees: (Prices are based on a once a week class)

1 Hour Class: \$169/members, \$229/nonmembers (Drop-in Fee: \$39/members, \$46.50/nonmembers)

1-1/2 Hour Class: \$252/members, \$312/nonmembers (Drop-in Fee: \$59/members, \$66.50/nonmembers)

2 Hour Class: \$336/members, \$399/nonmembers (Drop-in Fee: \$79/members, \$86.50/nonmembers)

For more information please contact Carol De Ocampo or Kenny Callender at 703-820-4100 or email cdeocampo@sportandhealth.com

Junior Program Term and Conditions

REGISTRATION: Please complete and sign the registration form. Return the completed form with a check payable to Skyline Sport & Health. We accept VISA, Master Card, American Express, and Discover. Acceptance into the class is based on meeting qualifications as noted in class description and/or upon approval of Carol or Kenny.

PAYMENTS: All class fees are due with registration form on or before the first day of class.

EXCEPTIONS: Students may withdraw after the third class. Please notify Carol or Kenny in writing by the second scheduled class and prior to the third scheduled class. Fees for the remaining classes will be refunded.

Fees are NON-REFUNDABLE except as follows:

- For medical disabilities, a prorated or credit less 10% processing charge shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury.
- A prorated refund or credit shall be issued to a student who is asking to withdraw from a class due to not meeting entry level requirements. No refund will be issued if a student is asked to withdraw due to behavior/tennis etiquette reasons.

MAKE-UP CLASSES: There are no refunds on missed classes. A student is allowed to make up classes. Make-ups may not be scheduled after the completion of the session. Approval of make-up requests is upon prior approval and subject to availability or alternative times. Only the Tennis Director may approve refunds, credits, or pro-rated rates.