

# 2019 Jr. Tennis Program Registration Form

Parent's Name \_\_\_\_\_

Participant's Name \_\_\_\_\_

Member  Non-Member

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Age \_\_\_\_\_

School Participant attends \_\_\_\_\_

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 Skyline Onelife Fitness 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 US Fitness Holdings LLC, Sport and Health Virginia Properties, 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.

I hereby authorize and grant permission to agents to use my photographic image for any electronic or non-electronic form or media. I agree that my image may be reproduced, edited and used in whole or in part for any and all media, including, without limitation, print, audio-visual, multimedia, and/or exhibition purposes, in any manner, in perpetuity and throughout the world. I understand and agree that I have no rights to any benefits derived from any such image.

I also acknowledge that by signing below, I am authorizing US Fitness to send me information regarding future promotions and other events via email and internet. I have read this release before signing below, and I fully understand the contents, meanings and impact of this waiver.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Junior Program Term and Conditions

**REGISTRATION:** Please complete and sign the registration form. Return the completed form with a check payable to Skyline One Life Fitness. 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.

**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 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:**

- a. 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.
- b. 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.



## 2019 EVENTS

**September 10, 2018**

First day of Skyline Junior Tennis Clinics Session # 1.

*Register Now!*

**October 1, 2018**

Junior Team Tennis Registration Opens. Please let your coaches know if you are interested in playing in a team.

**October 20, 2018**

First match of the Fall and Winter Junior Team Tennis.

**November 19 to 24, 2018**

Thanksgiving Break. No Junior Tennis Clinics this week.

**November 22, 2018**

Onelife Fitness Winter Series #1 Boys and Girls 18, 14-17. Tournament ID Number 300011019

**December 8, 2018**

USTA/MAS Challenger #6 L4 (400 points) Girls 14. Tournament ID Number 300080418

**December 9, 2018**

Ends Skyline Onelife Junior Tennis Clinics, Session # 1.

**December 10, 2018**

First Day of Skyline Junior Tennis Clinics Session #2.

*(Please Register)*

**December 22, 2018**

Junior Holiday Celebration! Everyone is invited to come play, celebrate and have fun!

*In-house Red/Orange Ball Tournament—all ages! 😊*

**December 24, 2018 to January 6, 2019**

Winter Break. No Junior Clinics this week.

*Happy Holidays!!!*

**December 26 to 28, 2018 and January 2 to 4, 2019**

Winter Camp. Full day 9am to 5pm or half day 9am to 12noon or 2 to 4pm.

**December 26, 2018**

USTA/MAS Tri-Champion Indoor L5 (220 points) Boys and Girls 18. Tournament ID Number 300080518

**December 29, 2018**

USTA Tournament L7 Boys and Girls 12, 14 and 16.

**January 7, 2019**

First day of Junior Tennis Clinics.

**Happy New Year!!!  
More activities and events coming 2019!!!**

*\*Schedule is subject to change.*



# Junior Tennis Program



**Session #1  
A 12-Week Program**

**onelifefitness.com**

5115 Leesburg Pike  
Falls Church, VA 22041

For the 43rd consecutive year, Skyline One Life Fitness is offering a comprehensive tennis program for junior tennis players from 3 to 17 years of age of all skill levels.



Our **HELLO TENNIS** class is for our youngest group of athletes ages 3 to 6 years old. Students will receive instructions in fundamental hand eye coordination exercises such as throwing, catching and spatial and body awareness and more.

They will be using age appropriate equipment (Smaller racquets, slower balls, smaller courts and lower nets). We focus on athletic and social skills.

### Hello Tennis (6 and under)

Monday to Friday 4 to 5pm  
Monday to Thursday 5 to 6pm  
Saturday 12 to 1pm

*It would be great to see the little players more than once a week. 😊*



**FUNDAMENTALS 1**— This class is designed for beginners from age 7 to 14 years. Students will learn fundamentals of stroke production using correct grips and foot work. Focus will be on forehand, backhand and serving. When student is proficient in these skills they move to **Fundamentals 2**.

### Fundamentals 1

Monday to Friday 4 to 5pm  
Monday to Thursday 5 to 6pm  
Saturday 12 to 1pm (6 years old and under)  
Saturday 12 to 2pm (14 years old and under)

*Players in this class are recommended to play 1 to 2 times a week.*



**FUNDAMENTALS 2**— In these class students will continue to refine forehand and backhand technique and serving skills. In addition students will learn volley and overhead and basic tactical court positioning. At the completion of Fundamentals 2

students will be ready for entry level competition (USTA tournaments L6 and L7 and USTA intermediate Junior Team Tennis).

### Fundamentals 2

Monday to Friday 4 to 5pm  
Monday and Friday 5 to 7pm  
Wednesday 5 to 6pm  
Saturday 12 to 2pm (12 years old and under)  
Saturday 2 to 4pm (13 years old and older)

*Players are recommended to come to at least 2 classes a week.*



**FUNDAMENTALS 3**— Students will continue to refine skills learned in Fundamental 1 and 2. Advance stroke mechanics will be reinforced. Students will be focusing on shot selection, decision making and problem solving in a competitive situation. In drills, they will learn sequences of shots and effective patterns used in playing. Students in Fundamentals 3 should be playing in USTA tournaments L6 and L7 or USTA intermediate Junior Team Tennis.

### Fundamentals 3

Monday and Friday 5 to 7pm  
Wednesday 5 to 6pm  
Tuesday and Thursday 6 to 8pm  
Saturday 12 to 2pm (12 years old and under)  
Saturday 2 to 4pm (13 years old and older)

*Players are recommended to come to at least 2 classes a week.*

**HS 101**— This program is designed for novice players in high school who want to learn to play tennis for recreation or eventually be part of a team. They will be taught the fundamentals used in playing tennis. (See description in Fundamentals 1 and Fundamentals 2).

### HS 101

Monday and Friday 5 to 7pm  
Wednesday 5 to 6pm  
Saturday 2 to 4pm

*We recommend students take at least 2 classes a week.*



### ADVANCE AND INTERMEDIATE HIGH SCHOOL PLAYERS—

This class is designed for players planning to go out for their high school team. Stroke mechanics will be reinforced and emphasis will be on singles and doubles strategy and play, developing an effective playing style.

*\*Students in this class should be playing in USTA tournaments and/or playing USTA Junior Team Tennis.*



### Advance and Intermediate High School Player

Monday and Friday 5 to 7pm  
Tuesday and Thursday 6 to 8pm  
(Coach Chris Tran approval)  
Saturday 2 to 4pm

*Players are recommended to come to 2 or more classes a week.*



**COMPETITIVE**— This class is for players committed to tennis as their sport of choice. This class focuses on skills and match play development such as, knowing when to play offensive shots, defensive shots and neutralizing shots. These results will be achieved by drills designed to improve efficiency in all aspects of their game. Students in the Competitive program have to play at

least 2 USTA tournaments a month (L6 or L7) and/or play advance USTA Junior Team Tennis. They must also come to 2 or more classes a week.

### Competitive

Monday and Friday 5 to 7pm  
Tuesday and Thursday 6 to 8pm  
(Coach Chris Tran approval)  
Saturday 2 to 4pm

### ADVANCED TOURNAMENT PLAYERS GROUP—

This class is for players who have ambition to play college tennis and are dedicating a large portion of their spare time to developing their tennis game.



This class prepares players to compete at the sectional, varsity HS Tennis and National level. The methods used is based on the key components of the modern game and includes cutting edge training incorporating game based drills, speed, agility, strength and conditioning. Players must be approved by Coach Chris Tran.

### Advance Tournament Player Group

Tuesday and Thursday 6 to 8pm

**Session # 1** is a 12-week program. It begins on September 10 to December 9, 2018. No classes during the week of Thanksgiving November 19 to 25, 2018.

**Session # 2** is a 12-week program. It begins on December 10, 2018 to March 17, 2019. No class during the holiday week, December 24, 2018 to January 6, 2019.

Sign up for Winter Camp, December 26 to 28, 2018 and January 2 to 4, 2019.

**Session # 3** is a 10-week program. It begins March 18 to June 16, 2019.

No class during Spring Break. Sign up for Spring Break Camp.

April 15 to 19 and April 22 to 28, 2019.

2019 Summer Camp Starts June 17 to August 30, 2019.

**Junior Program Session #1 Fees:** (12-week program. Prices are based on a once a week class.)

### 1-Hour Class:

\$289.00 members/ \$412.00 nonmembers  
(Drop-in Fee: \$40 members/ \$48 nonmembers)

### 1-1/2 Hour Class:

\$434.00 members/ \$618.00 nonmembers  
(Drop-in Fee: \$60 members/ \$72 nonmembers)

### 2-Hour Class:

\$579.00 members/ \$824.00 nonmembers  
(Drop-in Fee: \$80 members/ \$95 nonmembers)

*Sibling discounts available.*

For more information contact Carol de Ocampo at 703-820-4100 or cdeocampo@onelifefitness.com.