



VALLEY
FITNESS & RACQUET

JUNIOR TENNIS PROGRAM

WINTER 2018-2019

NOVEMBER 26 – MARCH 24 (NO CLASSES DEC 24-JAN 1)

JUMP START

This program is designed to teach the fundamentals of tennis in a fun format. The kids use a modified ball, smaller rackets and a smaller court to make the game easier to learn.

Red Ball

Ages	Day	Time	Cost
3-4, 5-6	Mondays	8:45am-9:30am	M \$147; NM \$181
3-4, 5-6	Wednesdays	8:45am-9:30am	M \$156; NM \$192
3-4, 5-6	Thursdays	1:30pm-2:30pm	M \$204; NM \$204
3-4, 5-6	Fridays	3:45pm-4:30pm	M \$156; NM \$192
3-4, 5-6	Saturdays	10:30am-11:15am	M \$156; NM \$192

Orange Ball

Ages	Day	Time	Cost
6-9	Tuesdays	3:45pm-4:30pm	M \$147; NM \$181
6-9	Thursdays	1:30pm-2:30pm	M \$204; NM \$204
6-9	Fridays	4:30pm-5:30pm	M \$204; NM \$252
6-9	Saturdays	10:30am-11:30am	M \$204; NM \$252

Green Ball

Ages	Day	Time	Cost
8-10	Mondays	4:45pm-5:45pm	M \$237; NM \$282
8-10	Wednesdays	5:30pm-6:30pm	M \$252; NM \$300
8-10	Thursdays	1:30pm-2:30pm	M \$204; NM \$204
8-10	Saturdays	11:30am-12:30pm	M \$252; NM \$300

JUNIOR DEVELOPMENT

A program that focuses on the fundamentals of stroke production and match play in a way that makes it fun to learn the game of tennis.

Level 1

Ages	Day	Time	Cost
11-13	Mondays	4:15pm-5:45pm	M \$350; NM \$417
11-13	Wednesdays	4:00pm-5:30pm	M \$372; NM \$444
11-13	Saturdays	11:30am-1:00pm	M \$372; NM \$444

Level 2

Ages	Day	Time	Cost
8-10	Wednesdays	4:00pm-5:30pm	M \$372; NM \$444
8-10	*Fridays	4:00pm-5:30pm	M \$372; NM \$444
11-13	Wednesdays	4:00pm-5:30pm	M \$372; NM \$444
11-13	*Fridays	4:00pm-5:30pm	M \$372; NM \$444

*Tournament Players

TOURNAMENT PREP

A program for the player who is ready to take the next step in tournament tennis. Junior Varsity Level

Level	Day	Time	Cost
JV	Mondays	5:45pm-7:15pm	M \$350; NM \$417
JV	Thursdays	4:30pm-6:00pm	M \$372; NM \$444
JV	Saturdays	1:00pm-2:30pm	M \$372; NM \$444

JUNIOR ELITE

Designed for the experienced tournament players planning on taking their games to the next level.

LEVEL	Day	Time	Cost
Varsity	Tuesdays	4:30pm-6:00pm	M \$350; NM \$417
Varsity	Thursdays	4:30pm-6:00pm	M \$372; NM \$444

GROUP SPORTS TRAINING

Training that will include strength, conditioning and agility with a focus on tennis specific movements.

Ages	Day	Time	Cost
12-18	Tuesdays	6:00pm-6:30pm	M \$113; NM \$135
9-13	Wednesdays	5:30pm-6:00pm	M \$120; NM \$144

Match play is a very important part of the development of a junior tennis player. Here are our match play options.

JUNIOR SINGLES LADDER

Each player will be scheduled about 2 unsupervised matches per month. Sessions go from September through August. Join anytime and drop out anytime! Cost is \$15 to join and just pay court time as you play. Contact Scott Meixl at smeixl@valleyathletics.com to join.

JUNIOR LEAGUES

Divisions	Day	Time	Cost
JD/TP	*Mondays	5:45pm-7:15pm	\$15 + court time
JD/TP	*Tuesdays	4:30pm-6:00pm	\$15 + court time
JD/TP	*Wednesdays	4:00pm-5:30pm	\$15 + court time
JE	Eligible for adult leagues – see adult league schedule *Eligible for unlimited court time		

Registration Form

First Name _____ Last Name _____ Date of Birth ____/____/____ Phone (____) _____ - _____

Parents Name _____ Email Address _____

Address _____ City _____ State _____ Zip Code _____

Level Entering _____ Age Division _____ Day/Times _____

Payment required at time of registration.
Method of Payment (Circle One): Cash Check Master Card Visa Member Account Amount Paid or Charged to Member Account \$ _____

Credit Card # _____ Exp. _____ CVV Code _____

WAIVER
I understand that acceptance of my registration is without assumption of responsibility of any kind by Valley Fitness and Racquet or employees of Valley Fitness and Racquet. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages, losses or injuries that I may suffer in connection with Valley Fitness and Racquet, including those which arise out of ordinary negligence.

PARENT/GUARDIAN SIGNATURE

DATE