



JUNIOR TENNIS PROGRAM SUMMER 2020

JUNE 8 – AUG 23 (NO LESSONS JUNE 29 – JULY 5)

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	Tuesdays	4:15pm-5:00pm	M \$102; NM \$125
3-4, 5-6	Wednesdays	8:45am-9:30am	M \$102; NM \$125

Orange Ball

Ages	Day	Time	Cost
6-9	Tuesdays	5:00pm-6:00pm	M \$132; NM \$162
6-9	Wednesdays	9:30am-10:30am	M \$132; NM \$162

Green Ball

Ages	Day	Time	Cost
8-10	Mondays	9:00am-10:00am	M \$162; NM \$192
8-10	Tuesdays	5:00pm-6:00pm	M \$162; NM \$192

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	3:00pm-4:30pm	M \$237; NM \$282
11-13	Thursdays	10:00am-11:30am	M \$237; NM \$282

Level 2

Ages	Day	Time	Cost
10-13	Mondays	10:00am-11:30pm	M \$237; NM \$282
10-13	Thursdays	4:00pm-5:30pm	M \$237; NM \$282

Level 3 (Tournament Players)

Ages	Day	Time	Cost
9-13	*Mondays	3:00pm-5:00pm	M \$312; NM \$372

*includes 30 minute workout from 4:30-5:00



Junior Varsity

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	5:00pm-6:30pm	M \$237; NM \$282

VARSITY

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

LEVEL	Day	Time	Cost
Varsity	*Mondays	1:30pm-3:30pm	M \$312; NM \$372

*includes 30 minute workout from 3:00-3:30

JUNIOR SINGLES LADDER

Each player will be scheduled 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 Adam Martin at amartin@valleyfitnessandracquet.com to join.

JUNIOR LEAGUES

Divisions	Day	Time	Cost
All Levels	Sundays	TBD	Court Time

Junior Camps

These camps are designed for all levels to improve specific aspects of their overall tennis game. For our yellow ball players, learn to move your feet with purpose on the courts in our **Footwork Camp**. Focus on the grips, stance, and skills to hit the flat, slice, and topspin serves in our **Serving/Overhead Camp**. In our **Match Play Strategy Camp**, learn strategies of both singles and doubles, what shots are appropriate in different situations, and what to accomplish in your match warm-up. We also have multi-day camps for **Red, Orange, and Green Ball** as well as our **Girls' High School Prep Camp** to get ready for the upcoming season.

Camp	Date	Time	Cost
Footwork Camp	Tuesday, June 23	1:00-4:00	\$45M/\$54NM
Serving/Overhead Camp	Tuesday, July 21	1:00-4:00	\$45M/\$54NM
Match Play/Strategy Camp	Tuesday, Aug 18	1:00-4:00	\$45M/\$54NM
Girls H.S. Prep Camp	Aug 5-7	9:00-12:00	\$45/Day; \$130/3 Days/M \$54/Day; \$157/3 Days/NM
Red Ball Camps	June 16-18	1:00-3:00	\$30/Day; \$85/3 Days/M \$36/Day; \$103/3 Days/NM
Orange Ball Camps	June 23-25	1:00-4:00	\$45/Day; \$130/3 Days/M \$54/Day; \$157/3 Days/NM
Green Ball Camps	June 30-July 2	1:00-4:00	\$45/Day; \$130/3 Days/M \$54/Day; \$157/3 Days/NM

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