



MOUNT VERNON ATHLETIC CLUB SPRING 2010

Junior Tennis Clinics

Spring Session 2010 (8 Week Session)

Tim Bainton, Tennis Director

Program starts Monday, March 1st and lasts through Sunday, April 25th

Payment must be received by Monday February 22, to guarantee a spot in the clinics

**Member Discounts only apply for Tennis members. Fitness Members may receive the member rate for Quick Start and Beginner Classes.*

Attention Quick Start is now 45 Minutes

USTA Quick Start ages 4-8 years

Quick Start Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, all tailored to age and size.

		<u>Member*</u>	<u>Non-Member</u>
Monday	3:30-4:15pm	\$105	\$132
Friday	3:30-4:15pm	\$105	\$132
Saturday	11:15-12:00	\$105	\$132

Junior Beginner ages 9-14 years

Students with little or no exposure to tennis will be introduced to proper grips, and basic swing motion for all strokes.

		<u>Member*</u>	<u>Non-Member</u>
Monday	4:00-5:00pm	\$140	\$176
Wednesday	4:00-5:00pm	\$140	\$176
Saturday	12:00-1:00pm	\$140	\$176

Junior Intermediate ages 9-14 years

Students who have graduated from the Junior Beginner program will be exposed to more complex stroke production, strategy, and foot work drills.

		<u>Member*</u>	<u>Non-Member</u>
Monday	4:00-5:00pm	\$140	\$176
Wednesday	4:00-5:00pm	\$140	\$176
Saturday	12:00-1:00pm	\$140	\$176

Junior Performance

Intensive training including advance stroke, production match play, and conditioning

		<u>Member*</u>	<u>Non-Member</u>
Tuesday	4:30-6:00pm	\$210	\$264
Wednesday	4:30-6:00pm	\$210	\$264
Friday	4:30-6:00pm	\$210	\$264
Saturday	1:00-2:30pm	\$210	\$264

Players are strongly encouraged to be participating in at least 2 days per week. Students participating in 3 days a week will receive a 10% discount.

High Performance

By Invite Only. This clinic takes place on Monday, Tuesday, Thursday and Friday.

		<u>Member*</u>	<u>Non-Member</u>
Cost for Three Days	4:30-6:30pm	\$592	\$784
Cost for Four Days	4:30-6:30pm	\$696	\$915

Students are required to actively be playing USTA Tournaments and that a top 100 Mid Atlantic ranking in their respective age group is preferred. This session will feature Video Analysis and presentations on Nutrition and Mental Toughness.

Just added on Fridays! Junior Beginner
Friday 4:00-5:00__Member \$120 _Non-Member \$154

Contact Information:

Name: _____ DOB: _____ Member? Yes No

Home Phone #: _____ Other Phone #: _____

E-mail: _____

Address: _____ City _____ State _____ Zip _____

Signature _____ Date _____

Withdrawal Policy: Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. **Refunds will not be issued for any reasons. Refunds will not be given for missed classes.** It is understood that the student is in overall good health condition. With this registration, it is agreed to hold MTVAC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the MTVAC's activities. All guests, including parents of children in clinics, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors. Children under the age of 12 must be accompanied by an adult or they must stay in the child care room..

Clinic: _____ Dates: _____