



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Arlington Tennis & Squash Center

### Youth Private Lessons

| Pricing options for private lessons:          | Full Member | Program-member |
|---|-------------|----------------|
| Private lesson w/Senior Pro for 30 minutes:   | \$45        | \$50           |
| Private lesson w/Senior Pro for 1 hour:       | \$90        | \$100          |
| Private lesson w/pro for 30 minutes:          | \$40        | \$45           |
| Private lessons w/pro for 1 hour:             | \$80        | \$90           |
| Semi-Private lesson w/Senior Pro for 1 hour:  | \$110       | \$120          |
| Semi-Private lesson w/pro for 1 hour:         | \$100       | \$110          |
| Group 1 hr Lesson (3-4 players) w/Senior Pro: | \$35/ea     | \$45/ea        |
| Group 1 hr Lesson (3-4 players) w/pro:        | \$30/ea     | \$35/ea        |
| Flights (2 hrs) :                             | \$20/ea     | \$25/ea        |

To schedule a private lesson, please email [atctennis@ymcadc.org](mailto:atctennis@ymcadc.org)





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## 2017 Fall Junior Tennis Program Registration Form

Return this form to the front desk or email to [atctennis@ymcadc.org](mailto:atctennis@ymcadc.org).

Junior's Name: \_\_\_\_\_ School: \_\_\_\_\_

Phone number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Circle membership type:** Full member Program Member (\$45/year)

**Circle your Program:** Tiny Tots Red Orange Green  
11 & Over High Performance H.S. Excellence

**Day(s) of week:** \_\_\_\_\_

### Payment Information:

Amount: \_\_\_\_\_ CC #: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_

\*If paying by check, please remit amount to the YMCA Arlington Tennis & Squash Center and return or send to the front desk.

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### Parent Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

YMCA Disclaimer: I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of the YMCA Metropolitan Washington its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless the YMCA, its employees, contractors, subcontractors, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. Refunds will only be given for medical reasons (physician's notice may be required for a medical refund). I have read and understand the above liability.

4 Star Tennis Academy of Va LLC: It is understood that the student is in overall good physical health. In the event that there is a physical condition that may limit or restrict participation in certain activities, a physicians note must be presented. Release: In consideration of the tennis training, I agree to hold 4 Star Tennis Academy of Va LLC harmless for injury or loss that may occur as of result of my participation in this activity provide by 4 Star Tennis Academy of Va LLC.

\_\_\_\_\_  
Signature (to be signed by student or if a child by student's parent)

Date: \_\_\_\_\_



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**LEARN  
PLAY  
GROW**



## **2017 Fall Junior Tennis Registration**

*Enroll today as space is  
limited!*

### **11 & Over Programs (Intermediate/Advanced)**

**September 11 – December 3 (12 week session)**

**11 and over:** This is a more advanced Green Dot level class for 11-13 year olds. This program offers junior players the opportunity to continue to develop their tennis game. The class consists of complex fed drills, competitive "live ball" drills, continued physical conditioning and increased focus on tennis strategy during competitive play.

- Class offered on Monday, Thursday 5-7pm, Saturday 3-5pm & Sunday 2-4pm
- Full Member: \$445      Program member: \$475

**High performance:** This invitation only intensive camp will consist of stroke development, video analysis, individual development plans, fitness, live ball drilling and match play. This class is by invitation only.

- Class offered on Tuesday & Friday 5-7pm
- Full Member: \$470      Program member: \$495

**High School Excellence:** This program offers high school aged players the opportunity to continue to develop their tennis game. The class consists of complex fed drills, competitive "live ball" drills, continued physical conditioning and increased focus on tennis strategy during competitive play. At the High School Excellence level, players will be participating in singles and doubles matches with consistent on court instruction. This is the perfect class for High School aged players who wish to potentially play for their school teams, participate in tournaments or simply bring their tennis game to the next level.

- Class offered on Wednesday, Saturday 5-7pm & Sunday 4-6pm
- Full Member: \$445      Program member: \$475

**\*Please note that class rates are for one class per week for the session. If you wish to enroll for multiple days, please indicate this on the registration form.**



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# LEARN PLAY GROW



## 2017 Fall Junior Tennis Registration

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### 12 & Under (Beginner/Intermediate)

#### **September 11 – December 3 (12 week session)**

**Tiny tots (4-5 year olds):** Start your child's tennis career with some serious fun! Led by dynamic instructors, classes will focus on the development of hand-eye coordination, footwork and basic stroke introduction. The main goal of this class is to encourage enthusiasm and love for the sport of tennis while introducing very basic aspects of the sport.

- Class offered on Monday/Tuesday 4-5pm & Saturday 1-2pm
- Full Member: \$335 Program member: \$360

**Red Team (5-8 year olds):** Students will be using red dot low compression balls. Red Team classes will focus on hand eye coordination, footwork and stroke mechanics. This is the first step in the USTA 10 and Under progression. Dynamic drills are implemented to prepare players for the next level; Orange Team. Mini nets are used at this level which allows for more success in dynamic drills and games.

- Class offered on Tuesday/Thursday/Wednesday 4-5pm & Saturday 1-3pm
- Full Member: \$335/1 hr & \$445/2 hrs Program member: \$360/1 hr & \$475/2 hrs

**Orange Team (9-10 year olds):** Students will be using orange dot low compression balls. As an Orange Team member, your child will be introduced to more advanced footwork and movement drills as well as enhanced attention to stroke technique. Orange Team children will use a combination of mini-nets and the large net and will start to engage in more fed drills and cooperative drills with other Orange Team members.

- Class offered on Wednesday/Friday 4-5pm & Saturday 1-3pm
- Class Full Member: \$335/1 hr & \$445/2 hrs Program member: \$360/1 hr & \$475/2 hrs

**Green Team (10-12 year olds):** Students will be using green dot low compression balls. This is the final step of the USTA 10 and Under program preparing players for using real tennis balls. Attention to proper technique continues and Green Team members are now hitting with each other much more. Footwork drills are combined with fed ball drills and the large net is used solely. At this point it is expected that each Green Team member has graduated from the Orange Team level and is able to rally successfully with other players.

- Class offered on Saturday 1-3pm & Sunday 12-2pm
- Full Member: \$445 Program member: \$475

**\*Please note that class rates are for one class per week for the session. If you wish to enroll for multiple days, please indicate on registration form.**