



## 2019 SUMMER JUNIOR TENNIS TRAINING

Eight (8) One Week Sessions – June 24 through August 16, 2019

### PROGRAM DESCRIPTION

- Dynamic Stretching
- Warm – ups
- Skill Building
- Stroke Production
- Strategy, Tactics
- Coached Match Play

### ADDITIONAL INFORMATION

- ☑ Classes held Rain or Shine
- ☑ *Hitting Hot* Tennis Curriculum
- ☑ Cross training and Fitness Component
- ☑ Flexible Registration Options
- ☑ Break Time Snacks Provided

### CLASS TRAINING SCHEDULE (Ages 3-18)

#### MONDAY - FRIDAY

Pee Wee (ages 3-4)	9:00 - 10:30am; 10:30am – 12:00pm
Red, Orange, & Green Ball	9:00 – 12:00; 1:00 – 4:00pm
Varsity, HP Team & Yellow Ball	9:00 – 12:00; 1:00 – 4:00pm

### CHOOSE YOUR WEEKS

Week 1: June 24 – June 28	Week 5: July 22 – July 26
Week 2: July 1 – July 5*	Week 6: July 29 – August 2
Week 3: July 8 – July 12	Week 7: August 5 – August 9
Week 4: July 15 - July 19	Week 8: August 12– August 16

*\* Prorated price*

### SUMMER TENNIS TRAINING FEE

1.5-hour Classes:	Weekly Fee - \$205.00	Daily Fee - \$55.00
3-hour Classes:	Weekly Fee - \$410.00	Daily Fee - \$110.00

Custom classes available upon request – 4 players required

*Payments are refundable until May 15, 2019.*



**Adult and Junior Program Registration Form**

Name \_\_\_\_\_ Birthdate (juniors only) \_\_\_\_\_ E-mail \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

***PAYMENT IS DUE AT TIME OF REGISTRATION – PLEASE SEE THE FRONT DESK***

**Select Program**

**Membership :** Junior < 18 \_\_\_\_\_ Adult \_\_\_\_\_ Senior >65 \_\_\_\_\_ Couple \_\_\_\_\_ Family \_\_\_\_\_

**League Play:** Women’s \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

**Women’s / Men’s Team Program:** Day \_\_\_\_\_ Time \_\_\_\_\_

**Seasonal Lesson:** Day \_\_\_\_\_ Time \_\_\_\_\_ **Clinic Lesson:** Day \_\_\_\_\_ Time \_\_\_\_\_

**Junior Program:** Pee Wee \_\_\_\_\_ Red \_\_\_\_\_ Orange \_\_\_\_\_ Green \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

**Yellow 1.0 hr \_\_\_\_\_ Yellow 1.5 hr \_\_\_\_\_ Varsity \_\_\_\_\_ Varsity Team \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_**

**USTA Match \_\_\_\_\_ Adult \_\_\_\_\_ Junior \_\_\_\_\_ Party \_\_\_\_\_ Cardio/ Point \_\_\_\_\_ Evaluation \_\_\_\_\_**

**USTA Summer \_\_\_\_\_ Team \_\_\_\_\_ Day \_\_\_\_\_ Level \_\_\_\_\_**

**WAIVER**

*I, as the participant and or as the legal guardian of the participant, understand and am aware that any strenuous physical activity involves certain risks; I hereby assume the risk of any and all accidents and injuries of any kind which may be sustained by me or my child by reason or in connection with my or his/her participation in any club program or activity; and I hereby release and discharge Weston Racquet Club, Grand Slam Health & Tennis Clubs, Inc., Spectrum Sports, its partners and their shareholders, directors, officers, agents and employees from any and all actions, causes of action, damages, claims or demands which may arise against Weston Racquet Club, Grand Slam Health & Tennis Clubs, Inc., Spectrum Sports and other described parties, for all injuries known or unknown which I, or my children have or may incur by participating in these programs, except to the extent such accident or injury is caused by or results from negligence or willful misconduct of Weston Racquet Club, Grand Slam Health & Tennis Clubs, Inc., Spectrum Sports and other described parties. Waiver: I, the undersigned have read this release and understand all of its terms. I execute it voluntarily and with full knowledge of its significance.*

**Signature:** \_\_\_\_\_ **Relationship (if signing for minor)** \_\_\_\_\_

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