

2011-2012

MIDTOWN

ATHLETIC CLUB®

Junior Development and Competition Tennis Program

FALL 1 SESSION

10 Weeks

Monday, August 22 –
Monday, October 31
(No Classes Sep. 5)**FALL 2 SESSION**

10 Weeks

Tuesday, November 1 –
Monday, January 23
(No Classes Nov. 24 and
Dec. 17-Jan. 2;
Mon., Thu., and Sat.,
classes meet 9 weeks)**WINTER SESSION**

10 Weeks

Tuesday, January 24 –
Monday, April 2**SPRING SESSION**

10 Weeks

Tuesday, April 3 –
Monday, June 11
(No Classes May 28;
Mon. classes meet 9 weeks)

Registration: Aug. 1-19

Registration: Oct. 11-28

Registration: Jan. 3-20

Registration: Mar. 13-30

Players enrolled in prior session will receive priority in registration.

7/9/11

Junior Development Program

The Junior Development Program includes eight different levels for children between ages of 2½ through 15. The program provides a structured and fun framework for learning the game of tennis. Please contact Jenny Woyahn at (847) 991-4646 ext. 319 for more information.

MOMMY & ME (Red-Foam Balls) AGES 2½-4

This is a beginner's class for children and their mommy (or daddy). Hand-eye coordination and very basic fundamentals are emphasized.

SCHEDULE OF CLASSES

Monday	9:00 a.m. – 9:30 a.m.	Tuesday	1:00 p.m. – 1:30 p.m.	Thursday	9:30 a.m. – 10:00 a.m.
Monday	9:30 a.m. – 10:00 a.m.	Tuesday	1:30 p.m. – 2:00 p.m.	Saturday	11:00 a.m. – 11:30 a.m.

LITTLE TENNIS (Red-Foam Balls) AGES 4-5

Introduce your child to tennis in Midtown's Little Tennis Program. Your son or daughter will learn the basics of tennis with specifically designed equipment and professional instruction assuring your child a positive, successful, and fun experience.

SCHEDULE OF CLASSES

Monday	1:00 p.m. – 1:30 p.m.	Wednesday	9:00 a.m. – 9:30 a.m.	Thursday	1:30 p.m. – 2:00 p.m.
Monday	1:30 p.m. – 2:00 p.m.	Wednesday	9:30 a.m. – 10:00 a.m.	Saturday	1:00 p.m. – 1:30 p.m.
Tuesday	9:00 a.m. – 9:30 a.m.	Wednesday	10:00 a.m. – 10:30 a.m.	Saturday	1:30 p.m. – 2:00 p.m.
Tuesday	9:30 a.m. – 10:00 a.m.	Thursday	10:00 a.m. – 10:30 a.m.		
Tuesday	10:00 a.m. – 10:30 a.m.	Thursday	1:00 p.m. – 1:30 p.m.		

LEVEL 7 (Red-Foam Balls) AGES 5-6

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills in the Micro Court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36' court. They will learn adaptive skills that will be the foundation of their future tennis development.

SCHEDULE OF CLASSES

Monday	4:15 p.m. – 5:00 p.m.	Tuesday	4:30 p.m. – 5:15 p.m.	Wednesday	5:45 p.m. – 6:30 p.m.
Monday	5:00 p.m. – 5:45 p.m.	Tuesday	5:15 p.m. – 6:00 p.m.	Friday	5:00 p.m. – 5:45 p.m.
Monday	5:45 p.m. – 6:30 p.m.	Wednesday	5:00 p.m. – 5:45 p.m.	Friday	5:45 p.m. – 6:30 p.m.

LEVEL 6 BEGINNER (Red-Foam & Orange-Transition Balls) AGES 6-8

Children will learn the skills of the 36' court. By the end of this program, a child should be able to play mini-tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and to control a follow-through on both the forehand and the backhand ground strokes.

SCHEDULE OF CLASSES

Monday	4:30 p.m. – 5:30 p.m.	Tuesday	4:00 p.m. – 5:00 p.m.	Friday	4:00 p.m. – 5:00 p.m.
Monday	5:30 p.m. – 6:30 p.m.	Wednesday	4:00 p.m. – 5:00 p.m.		

LEVEL 5 ADVANCED BEGINNER (Red-Foam & Orange-Transition Balls) AGES 7-9

Players will learn the basics of tactical play from the 60' court for both singles and doubles. All of the basic fundamental tennis strokes are taught along with an introduction to match play.

SCHEDULE OF CLASSES

Friday	4:30 p.m. – 5:30 p.m.	Saturday	noon – 1:00 p.m.
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LEVEL 4 INTERMEDIATE (Orange-Transition Balls) AGES 7-10 Skill Test Required

Students will learn the basics of tactical play from the 36' court and 60' court for singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught. Serve and return of serve will be covered in each class.

SCHEDULE OF CLASSES

Monday 4:30 p.m. – 5:30 p.m. Tuesday 4:00 p.m. – 5:00 p.m.
Monday 5:30 p.m. – 6:30 p.m. Friday 4:00 p.m. – 5:00 p.m.

LEVEL 3 ADVANCED INTERMEDIATE (Orange-Transition & Green-Transition Balls) Skill Test Required AGES 8-12

Students will experience the 5 play situations on the 60' court and 78' court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court. Students must compete in Junior Tennis Match Play.

SCHEDULE OF CLASSES

Tuesday 5:00 p.m. – 6:30 p.m. Thursday 5:00 p.m. – 6:30 p.m. Friday 5:00 p.m. – 6:30 p.m.

LEVEL 2 ADVANCED (Orange-Transition, Green-Transition and Yellow Balls) Skill Test Required AGES 9-14

Students will be exposed to a full range of tactical/technical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. Students must compete in Junior Tennis Match Play.

SCHEDULE OF CLASSES

Tuesday 5:00 p.m. – 6:30 p.m. Wednesday 5:00 p.m. – 6:30 p.m.

TEEN 1 (Orange-Transition & Green-Transition Balls) AGES 13-17

For teenagers who are relatively new to tennis, the Teen 1 program provides exposure to all the basic skills of the games through drills and competitive play.

SCHEDULE OF CLASSES

Tuesday 5:30 p.m. – 6:30 p.m. Saturday 11:00 a.m. – 12:00 p.m.

TEEN 2 ADVANCED (Orange-Transition & Green-Transition Balls) Skill Test Required AGES 13-17

Students experience the five play situations and refine their tactical and technical skills using a variety of adaptive skills with dead ball drills, live ball drills, and competitive play situations in all areas of the court.

SCHEDULE OF CLASSES

Thursday 5:30 p.m. – 6:30 p.m.

Junior Competition Program

The Junior Competition Program is designed for the more advanced player. The program stresses mental discipline, conditioning and refining racquet skills. Match play performance will improve with on-court coaching. Admittance into the program is based on evaluation of performance and past tournament experience and approval of Tennis Director. Contact Tennis Director Anish Manrai, at (847) 991-4646 ext. 189 for more information.

TOURNAMENT TEAM I AGES 12-17

Students will focus on improving mechanics for all strokes, footwork and conditioning, develop consistency and improve shot making. Attention will also be on improving match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship. Players must make a commitment to developing the mental as well as physical aspects of the game. Workouts will be intensive and demanding. Competing in Junior Tennis Match Play / Junior team matches is mandatory. Tournament preparation information will be provided. Players will be striving to obtain a district ranking through competing in USTA sanctioned tournaments.

SCHEDULE OF CLASSES

Monday 4:30 p.m. – 6:30 p.m. Tuesday 6:30 p.m. – 8:00 p.m. Saturday 2:00 p.m. – 4:00 p.m.

TOURNAMENT TEAM II AGES 12-17

Students will be exposed to a full range of technical/tactical development in singles and doubles. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. Workouts will be intensive and demanding. Competing In Junior Tennis Match Play / Junior Team matches and USTA tournaments is strongly encouraged.

SCHEDULE OF CLASSES

Thursday (girls) 6:30 p.m. – 8:30 p.m. Thursday (boys) 6:30 p.m. – 8:00 p.m. Saturday (co-ed) noon – 2:00 p.m.

HIGH PERFORMANCE TRAINING By invitation only**SCHEDULE OF CLASSES**

Tuesday 4:30 p.m. – 6:30 p.m. Thursday 4:30 p.m. – 6:30 p.m.

2011-2012 Junior Registration Form

FEES: (PLEASE CHECK SESSION)

<input type="checkbox"/> FALL 1	10	FALL 2	10	9	<input type="checkbox"/> WINTER 10	10	<input type="checkbox"/> SPRING 10	10	9
	WEEKS		WEEKS	WEEKS		WEEKS		WEEKS	WEEKS
½ Hour	\$130	½ Hour	\$130	\$117	½ Hour	\$130	½ Hour	\$130	\$117
¾ Hour	\$194	¾ Hour	\$194	\$174	¾ Hour	\$194	¾ Hour	\$194	\$174
1 Hour	\$260	1 Hour	\$260	\$234	1 Hour	\$260	1 Hour	\$260	\$234
1½ Hour	\$390	1½ Hour	\$390	\$351	1½ Hour	\$390	1½ Hour	\$390	\$351
2 Hour	\$520	2 Hour	\$520	\$468	2 Hour	\$520	2 Hour	\$520	\$468
			(Tu,W,F)	(M,Th,Sa)					(Mon)

Non-Member Pricing:

½ Hour	\$161	½ Hour	\$161	\$144	½ Hour	\$161	½ Hour	\$161	\$144
¾ Hour	\$242	¾ Hour	\$242	\$217	¾ Hour	\$242	¾ Hour	\$242	\$217
1 Hour	\$324	1 Hour	\$324	\$291	1 Hour	\$324	1 Hour	\$324	\$291
1½ Hour	\$487	1½ Hour	\$487	\$438	1½ Hour	\$487	1½ Hour	\$487	\$438
2 Hour	\$650	2 Hour	\$650	\$585	2 Hour	\$650	2 Hour	\$650	\$585
			(Tu,W,F)	(M,Th,Sa)					(Mon)

Full payment must accompany registration form.

Charge my: Midtown House Account Visa MasterCard AMEX Discover

Account # _____ Exp. _____

Enclosed class fee(s) \$ _____ (Checks payable to Midtown Athletic Club®)

First Choice: Class _____ Day _____ Time _____

Second Choice: Class _____ Day _____ Time _____

Assume first choice unless otherwise contacted.

Student's Name _____ Birthday _____ School _____

Parent's Name _____ Parent's Email _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Daytime Phone _____ Cell Phone _____

Payment, membership requirement, enrollment, refund, and make-up policies –

- Full payment must be included with the registration form. (Exception: If a student enrolls in a class after the start of the session and is unable to make up missed classes that were missed, then a pro-rated fee may be approved by the Tennis Director.)
- Make check payable to Midtown Athletic Club; Visa, Master Card, Discover, and American Express accepted.
- Midtown membership is required for adult lessons.
- Fee is non-refundable except as follows:
 - For medical reasons, a pro-rated refund/credit less 10% processing charge shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.
 - A refund or credit less a 10% processing charge shall be given to a student who drops a class before the start of the session.
 - A pro-rated refund or credit shall be issued to a student who is asked to withdraw from a class due to not meeting entry level requirements.
- If any individual class is cancelled, Midtown shall make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each student shall be given a refund or credit for the cancelled class. If a student cannot attend the rescheduled class, that student shall be given a credit or refund for the class. Only the Tennis Director may approve lesson refunds, credits or pro-rated fees.
- There is a minimum and maximum enrollment for each class.
- Assume first class choice unless otherwise called.
- Acceptance into a class is based on meeting qualifications as noted on application. (See 4d. above.)
- Make-ups must be approved and are subject to availability.**
- To assure class make-up, please provide 2 days advance notice.**
- A student is allowed to make-up two classes per session.**
- Make-ups do not carry over to the next session.**

Parent's Signature _____ Date _____

*Your signature above indicates that you have read and fully understand the following "Release and Hold Harmless Waiver."

Release and Hold Harmless Waiver

I agree that my participation in classes and related activities at the Midtown Athletic Club is entirely at my discretion, that I will abide by all rules and policies of the program and the Club, and that I do hereby hold harmless the Club, its instructors, owners, and employees for any injury which may result from my participation.

MIDTOWN
ATHLETIC CLUB®

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