

2011-2012

MIDTOWN

Junior Development and Competition Programs

SESSION DATES:

FALL I SESSION:

10 Weeks
Monday, August 22 –
Sunday, October 30
No classes Sept. 5

FALL II SESSION:

10 Weeks
Monday, October 31 –
Sunday, January 15
No classes offered
November 24-27 &
December 19 -Jan 1
(Holiday Camp)

MUNCHKINS (Red-Low Compression Balls) AGES 3 and 4

Your child's first experiences on a tennis court. An informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skills at this age. Basic movement and coordination skills will be introduced. The children will learn to receive and send the ball with their hands, racquets and other adapted equipment that fosters enjoyable learning experiences.

SCHEDULE OF CLASSES

Monday	4:15 p.m. – 5:00 p.m.	Wednesday	4:15 p.m. – 5:00 p.m.
Tuesday	10:00 a.m. – 10:45 a.m.	Thursday	10:00 a.m. – 10:45 a.m.
Saturday.....	10:00 a.m.-10:45 a.m.	Sunday.....	10:00 a.m.-10:45 a.m.

LITTLE TENNIS/LEVEL 7 (Red-Low Compression Balls) AGES 4 and 5

Introduce your child to tennis in Midtown's Little Tennis Program. Children will continue to develop their general motor and athletic skills. The program focuses on coordination training, movement and balance skills, as well as sending and receiving skills. Games are an important part of the program and the children will be exposed to games that are both fun and tennis related.

SCHEDULE OF CLASSES

Monday	3:15 p.m. – 4:00 p.m.	Thursday	3:15 p.m. – 4:00 p.m.
Monday	4:00 p.m. – 4:45 p.m.	Thursday	4:00 p.m. – 4:45 p.m.
Tuesday	3:15 p.m. – 4:00p.m.	Friday.....	3:15 p.m. – 4:00 p.m.
Tuesday	4:00 p.m. – 4:45 p.m.	Friday.....	4:00 p.m. – 4:45 p.m.
Wednesday.....	3:15 p.m. – 4:00 p.m.	Saturday.....	10:00 a.m. – 10:45 a.m.
Wednesday.....	4:00 p.m. – 4:45 p.m.	Sunday	10:00 a.m. – 10:45 a.m.

LEVEL 6 BEGINNER (Red-Low Compression Balls) AGES 5 - 7

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36' 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	4:00 p.m. – 5:00 p.m.	Friday	4:00 p.m. – 5:00 p.m.
Tuesday	4:00 p.m. – 5:00 p.m.	Friday.....	5:00 p.m. – 6:00 p.m.
Tuesday	5:00 p.m. – 6:00 p.m.	Saturday.....	10:00 a.m. – 11:00 a.m.
Wednesday.....	4:00 p.m.-5:00 p.m.	Wednesday.....	5:00 p.m.-6:00 p.m.
Thursday	4:00 p.m. – 5:00 p.m.	Saturday.....	11:00 a.m. – 12:00 p.m.
Thursday	5:00 p.m. – 6:00 p.m.	Sunday	10:00 a.m. – 11:00 a.m.

LEVEL 5 ADVANCED BEGINNER (Red Low Compression) AGES 6 - 8

Children will continue to learn the skills of the 36' court. By the end of this program, a child should be able to play Quickstart 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 how to compete in Quickstart events in the 8 and under division.

SCHEDULE OF CLASSES

Monday	4:00 p.m. – 5:00 p.m.	Friday	4:00 p.m. – 5:00 p.m.
Tuesday	4:00 p.m. – 5:00 p.m.	Friday	5:00 p.m. – 6:00 p.m.
Tuesday	5:00 p.m. – 6:00 p.m.	Saturday.....	10:00 a.m. – 11:00 a.m.
Wednesday.....	4:00 p.m.-5:00 p.m.	Wednesday.....	5:00 p.m.-6:00 p.m.
Thursday	4:00 p.m. – 5:00 p.m.	Saturday.....	11:00 a.m. – 12:00 p.m.
Thursday	5:00 p.m. – 6:00 p.m.	Sunday	10:00 a.m. – 11:00 a.m.

LEVEL 4 INTERMEDIATE (Orange-Low Compression Balls) AGES 7 – 10

Children will learn the basics of tactical play from the 60' court for both 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 and the serve and return of serve will be covered in each class.

SCHEDULE OF CLASSES

Monday	4:00 p.m. – 5:00 p.m.	Friday	4:00 p.m. – 5:00 p.m.
Tuesday	4:00 p.m. – 5:00 p.m.	Friday	5:00 p.m. – 6:00 p.m.
Tuesday	5:00 p.m. – 6:00 p.m.	Saturday.....	10:00 a.m. – 11:00 a.m.
Wednesday.....	4:00 p.m.-5:00 p.m.	Wednesday.....	5:00 p.m.-6:00 p.m.
Thursday	4:00 p.m. – 5:00 p.m.	Saturday.....	11:00 a.m. – 12:00 p.m.
Thursday	5:00 p.m. – 6:00 p.m.	Sunday.....	10:00 a.m. – 11:00 a.m.

LEVEL 3 ADVANCED INTERMEDIATE (Orange-Low Compression Balls) AGES 8-12

Children will experience the 5 play situations on the 60' 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.

SCHEDULE OF CLASSES

Monday	5:00 p.m. – 7:00 p.m.	Thursday	5:00 p.m. – 7:00 p.m.
Tuesday	5:00 p.m. – 7:00 p.m.	Friday	5:00 p.m. – 7:00 p.m.
Wednesday.....	5:00 p.m. – 7:00 p.m.	Saturday.....	11:00 a.m. – 1:00 p.m.

LEVEL 2 ADVANCED (Green-Low Compression Balls) AGES 9 - 14

Children will be exposed to a full range of technical/tactical 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. This is the final development stage before the children enter the Junior Competitive Program.

SCHEDULE OF CLASSES

Monday	5:00 p.m. – 7:00 p.m.	Thursday	5:00 p.m. – 7:00 p.m.
Tuesday	5:00 p.m. – 7:00 p.m.	Friday	5:00 p.m. – 7:00 p.m.
Wednesday.....	5:00 p.m. – 7:00 p.m.	Saturday.....	11:00 a.m. – 1:00 p.m.

TEEN 1 AND TEEN 2 (Red, Orange, Green and Yellow Balls) AGES 13 - 18

The **Teen 1** program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations. **Teen 2** students will experience the 5 play situations 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.

SCHEDULE OF CLASSES

TEEN 1
Monday.....5:00p.m. -6:30 p.m.
Wednesday..... 5:00 p.m. – 6:30 p.m.
Saturday 11:00 a.m. – 12:30 p.m.

TEEN 2
Monday.....5:00p.m.-6:30 p.m.
Wednesday5:00 p.m. – 6:30 p.m.
Saturday.....11:00 a.m. – 12:30:a.m.

LEVEL 1 (Aspiring Tournament Player) AGES 10-18

Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

SCHEDULE OF CLASSES

Monday4:00 p.m. – 6:00 p.m.
Tuesday.....4:00 p.m. – 6:00 p.m.
Wednesday4:00 p.m. – 6:00 p.m.

Thursday 4:00 p.m. – 6:00 p.m.
Friday 4:00 p.m. – 6:00 p.m.
Saturday 11:00 a.m. – 1:00 p.m.
Sunday 11:00 a.m. – 1:00 p.m.

2011-2012 Junior Registration Form

***For Families with multiple children a 10% discount will be applied to the second child, third if applicable. That discount will apply to the lesser fee.**

FEES: (PLEASE CHECK SESSION)

FALL I / 10 WEEKS

Members:

Little Tennis \$160.00
1 Hour \$195.00
1½ Hour \$292.50
2 Hour \$390.00

FALL II / 10 WEEKS

Members:

Little Tennis \$160.00
1 Hour \$195.00
1½ Hour \$292.50
2 Hour \$405.00

FALL I / 10 WEEKS

Non-members:

Little Tennis \$200.00
1 Hour \$243.75
1½ Hour \$365.65
2 Hour \$468.00

FALL II / 10 WEEKS

Non-members:

Little Tennis \$200.00
1 Hour \$243.75
1½ Hour \$365.65
2 hour \$468.00

Full payment must accompany registration form.

Charge my: Visa MasterCard AMEX Discover

Account # _____ Exp. _____

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

First Choice: Level _____ Day _____ Time _____

Second Choice: Level _____ Day _____ Time _____

Assume first choice unless otherwise contacted.

Presently enrolled in a Midtown tennis program? Yes No If yes, what level? _____

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 –

1. Midtown membership is not required for junior lessons.
2. Participation twice a week is encouraged.
3. You will be billed in two five week installments. Your first 5 week payment must be included with the registration form. Your second installment payment will be billed on the first day of the sixth week of the session. A student enrolling after the start of the session will be charged a pro-rated fee for the entire remainder of the session.
4. Fee is non-refundable except as follows:
 - For medical disabilities, a pro-rated refund/credit 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 participant shall be given a pro-rated refund/credit should a class be cancelled after the start of the session.
 - A student who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.
 - If any class is cancelled due to inclement weather students will reschedule the make up. If a makeup cannot be rescheduled students will be credited for the next session. You may learn of class cancelations by calling Midtown at 954-384-2582.
 - Only the Tennis Director or Director of the Junior Tennis Program may approve lesson refunds, credits or pro-rated fees.
5. There is a minimum and maximum enrollment for each class.
6. A student is allowed to make-up two classes per 10-week session. To assure your class make-up, please provide five days advance notice. To request a make-up please contact the Junior Development Director, Sean Henegan at 954-384-2582. Make-ups are not offered in the first week of a session. If you schedule a make-up and need to cancel, please contact 24 hours in advance of the scheduled make-up.

Parent's Signature _____ Date _____