

PPRSC JUNIOR DEVELOPMENT CLINICS

<u>Clinic</u>	<u>Time</u>
Pee Wee (Ages 4-6)	Tues Thu 330-4pm, Sat 2:30-3pm
Little Aces (5-8)	Tue & Thu 4-5pm, Sunday 1:30-2:30
Tennis 101 (Junior Beginner) (7-12)	Wed & Sun 4-5pm
Tennis for Teens (13-18)	Sat 3-4pm
Future Stars (intermediate, L5 level tournament players)	Tue & Thu 4:30-6pm or 5-6pm, Wednesday 5-6:30, Sun 2:30-4pm
Intermediate/Advanced	Mon, Tue, Wed, & Thu 5-7pm

Pee Wees

	3x/wk (month)	2x/wk (month)	1x/week (month)	Drop-in
Mem	\$92	\$68	\$39	\$12
Non	\$102	\$75	\$43	\$14

Little Aces, Tennis 101, Tennis For Teens

	3x/wk (month)	2x/wk (month)	1x/week (month)	Drop-in
Mem	\$185	\$130	\$68	\$21
Non	\$198	\$144	\$74	\$23

Future Stars

		4 Days a Week		3 Days a Week		2 Days a Week		1 Day a Week		Drop in	
		Mem	Non	Mem	Non	Mem	Non	Mem	Non	Mem	Non
Monthly	1 hour clinic	N/A	N/A	N/A	N/A	\$130	\$144	\$68	\$74	\$21	\$23
	90 min clinic	\$330	\$355	\$258	\$285	\$185	\$198	\$98	\$108	\$30	\$33

Intermediate/Advanced

	4 days a week		3 Days a Week		2 Days a Week	
	Mem	Non	Mem	Non	Mem	Non
Monthly	\$450	\$485	\$350	\$380	\$250	\$275
Weekly	\$128	\$138	\$102	\$112	\$72	\$79

*Drop In rate of \$39 for members and \$43 for Non Members

Class Descriptions

Pee Wees: (Ages 4-6) Designed to introduce young children with no prior experience to the game of tennis. Classes are 45 minutes in duration and focus on hand-eye coordination, racquet skills, ball control, and some basic stroke production utilizing a games based approach. This is a fun and great way to introduce your child(ren) into the sport of a lifetime.

Little Aces: (Ages 5-8) Focus will be on fundamentals, correct grips, technique and footwork. Fun based games and competition will also be introduced. Balance and coordination will also be developed. Players must be able to rally 10 balls in a row from the baseline on the 10 & under court and be able to serve proficiently from the baseline.

Tennis 101 (Junior Beginner): (Ages 8-12) USTA Quickstart continuation. Built to provide our new players with solid fundamental techniques and basic tactics in a fun atmosphere to grow their passion for a lifelong sport.

Tennis for Teens: (Ages 13-18) Designed for teens who want to learn how to play and enjoy a sport for a lifetime. The basics of all strokes, footwork and point play will be covered.

Future Stars: Designed for the player that knows the fundamentals of the game and is ready to start some tournament play. Players must be able to rally full court with green dot balls at least 10 balls in a row with proper technique with an instructor, and be able to serve proficiently to both service boxes full court.

Intermediate/Advanced: This program requires a 2 Day commitment. Designed for high school players, players with USTA rankings that play full court with regular balls, and college level players, utilizing the USTA high performance training style. They continue to work on improving their technique on all shots, footwork, fitness and strategy.

Make-up Policy Credits will only be issued for classes missed due to severe, "unsafe to travel" weather where the instructor cancels the class. Lessons may be moved into the clubhouse at the Tennis Directors discretion. No credit will be given for indoor lessons missed. Credit will also be given due to an injury that causes a student to miss the remaining classes in the month, of at least 2 or more being left in that month. Prices are based on 4 weeks of clinics per month, and a bonus or free clinic is offered in months where there are five weeks of classes. No credit is given for missing the bonus or free clinic of a given month.

**Sign up by contacting Matthew Cory at 850-294-0968 or mctennis@gmail.com or Bill Belser at 704-582-3276 or belserbts@yahoo.com

PPRSC ADULT CLINICS

<u>Clinic</u>	<u>Times</u>
Cardio Tennis	Mon 7-8pm, Fri 11-12am (check for updated Friday times)
Tennis 101	Tue 7-8:30pm
Theme of The Week & Stroke Clinic	Wed 1130-1:00pm during QC, 10-11:30 rest of year
Advanced Workout Drills	Mon 5:30-7pm

Cardio Tennis

Package of 5 - Member: \$60, Non-Member: \$70

Drop-In -Member: \$14, Non-Member \$16

Tennis 101, Advanced Workout Drills

Package of 5 - Member: \$130, Non-Member: \$145

Drop-In - Member: \$30, Non-Member \$33

Theme of Week

Package of 5 - Member \$130, Non-Member \$145

Drop in - Member \$30, Non Member \$33

Class Descriptions

Cardio Tennis: A high-energy fitness activity taught by PPRSC tennis instructors that combines the best features of the sport with cardiovascular exercise, delivering the ultimate, full-body, calorie-burning aerobic workout. Expect a social, fun class for players of all ability levels.

Tennis 101: Designed for beginners and advanced beginners, the class will go over the fundamentals of stroke production on all the strokes, as well as basic court positioning and tactics.

Theme of the Week: Each week, a stroke, tactic, or movement pattern will be the theme of the clinic. Designed for players that already play League tennis.

Advanced Workout Drills: Designed for high level ranked junior players and 4.5 and up adults, who pass the tennis director's skill assessment. Anaerobic conditioning, movement patterns, footwork and balance within the Spanish movement system.

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