

# 2018 VS&F Junior Tennis Academy



January 15  
to April 8,  
2018

*Engaging and dynamic classes using games and drills to develop tennis skills. Children are motivated to learn through fun lessons adapted for their age range. Classes are sized to allow for individual attention.*

## **Munchkin Tennis (3-4) & Kinder Tennis (5-6)**

An introduction to the sport, children develop their physical abilities with motor skills, agility, team-work, hand-eye coordination and games. They learn the basics of the game while having fun.

## **Mini Tennis (7-8) & Kid's Tennis (9-10)**

This is a very important stage where kids develop their skills in the sport. There is more emphasis on technique, while still being fun.

## **Teens 1 (11-13)**

For those who want to get started in tennis or have limited experience. Learn all the basics of the game, including rules and scoring. Good preparation for a school tennis team.

## **Teens 2 (14-17)**

This is perfect for players who are looking to develop their game. Best suited for those looking to play on Freshman, JV, or Varsity tennis teams.

### **Schedule:**

#### **Munchkin Tennis (3-4)**

Tuesdays 11:30 am – 12 pm  
Tuesdays 3:30-4:00 pm  
Sundays 9:00-9:30 am  
Sundays 2:00-2:30 pm

#### **Kinder Tennis (5-6)**

Fridays 3:30-4:00 pm  
Sundays 9:30-10 am  
Sundays 2:30-3:00 pm

#### **Mini Tennis (7-8)**

Tuesdays 4:00-5:00 pm  
Saturdays 8:30-9:30 am  
Sundays 3:00-4:00pm

#### **Kid's Tennis (9-10)**

Fridays 4:00-5:00 pm  
Saturdays 9:30-10:30 am

#### **Teens 1 (11-13)**

Saturdays 12:00-1:00 pm  
Sundays 4:00-5:00 pm

#### **Teens 2 (14-17)**

Fridays 7:30-8:30 pm  
Sundays 5:00-6:00 pm

### **Program Costs:**

1 hr for 12 wks: \$240  
1 hr for 6 wks: \$150  
½ hr for 12 wks: \$150  
½ hr for 6 wks: \$95



**VERMONT**  
SPORT & FITNESS CLUB

Register by Jan. 8, 2018 at:  
Vermont Sport & Fitness Club  
40 Curtis Ave, Rutland, VT 05701  
(802) 775-9916 • vsandf.com  
Dan@vsandf.com



Student's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

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

Parent's Name \_\_\_\_\_

Mobile Phone \_\_\_\_\_ Home/Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Medical Info \_\_\_\_\_

(doctor's name/number, physical alerts, allergies, medications, etc.)

**Full session:** 12 weeks—January 15 – April 8, 2018

**1st half:** 6 weeks—Jan 15 – Feb 25, 2018 • **2nd half:** 6 weeks—Feb 26 – April 8 2018

(Please place a check mark by desired program/session)

	<b>Full session</b>	<b>1st half</b>	<b>2nd half</b>
<b>Munchkin Tennis (ages 3-4)</b>			
Tuesdays 11:30 am – 12 pm	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
Tuesdays 3:30-4:00 pm	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
Sundays 9:00-9:30 am	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
Sundays 2:00-2:30 am	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
<b>Kinder Tennis (ages 5-6)</b>			
Fridays 3:30-4:00 pm	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
Sundays 9:30-10:00 am	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
Sundays 2:30-3:00 pm	<input type="checkbox"/> \$150	<input type="checkbox"/> \$95	<input type="checkbox"/> \$95
<b>Mini Tennis (ages 7-8)</b>			
Tuesdays 4:00-5:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
Saturdays 8:30-9:30 am	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
Sundays 3:00-4:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
<b>Kid's Tennis (ages 9-10)</b>			
Fridays 4:00-5:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
Saturdays 9:30-10:30 am	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
<b>Teens 1 (ages 11-13)</b>			
Saturdays 12:00-1:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
Sundays 4:00-5:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
<b>Teens (ages 14-17)</b>			
Fridays 7:30-8:30 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150
Sundays 5:00-6:00 pm	<input type="checkbox"/> \$240	<input type="checkbox"/> \$150	<input type="checkbox"/> \$150

**Enrollment limited. Return this form with your payment by Jan. 8, 2018 to:**

Vermont Sport & Fitness Club, 40 Curtis Ave., Rutland, VT 05701

**Questions?** Call or email Dan Doenges, (802) 775-9916, Dan@vsandf.com