

2018 VS&F Junior Tennis Academy



April 9 –
June 17,
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 (ages 3-4)

Tuesdays 3:30-4:00 pm

Kinder Tennis (ages 5-6)

Fridays 3:30-4:00 pm
Sundays 2:30-3:00 pm

Mini Tennis (ages 7-8)

Tuesdays 4:00-5:00 pm

Kid's Tennis (ages 9-10)

Fridays 4:00-5:00 pm

Teens 1 & 2 (ages 11-17)

Sundays 5:00-6:00 pm

Program Costs:

½ hr for 10 wks: \$125

1 hr for 10 wks: \$199



VERMONT
SPORT & FITNESS CLUB

Register by April 9, 2018 at:
Vermont Sport & Fitness Club
40 Curtis Ave, Rutland, VT 05701
(802) 775-9916 • vsandf.com
Dan@vsandf.com



VERMONT
SPORT & FITNESS CLUB

Junior Tennis Academy Registration Form

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.)

April 9 – June 17, 2018 (10 weeks)

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

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Tuesdays 3:30–4:00 pm \$125

Kinder Tennis (ages 5–6)

Fridays 3:30–4:00 pm \$125

Sundays 2:30–3:00 pm \$125

Mini Tennis (ages 7–8)

Tuesdays 4:00–5:00 pm \$199

Kid's Tennis (ages 9–10)

Fridays 4:00–5:00 pm \$199

Teens 1 & 2 (ages 11–17)

Sundays 5:00–6:00 pm \$199

Please check this box if your child cannot be in any Tennis Academy pictures:

Enrollment limited. Return this form with your payment by April 9, 2018 to:

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

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