

Fall 2018 VS&F Junior Tennis Academy

**September 24 to
December 16**

**Free Trial Clinic:
Sunday, September 16th**

9:00 a.m. ages 5-10

9:30 a.m. ages 11-15

(pre-register)



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.

Munchkin (ages 3, 4, 5)

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.

Kids (ages 6, 7, 8)

This age group is a mix of continual development of agility, team-work, and hand-eye coordination while also beginning to develop finer skills and fun games.

Youth (ages 9, 10, 11)

This is a very important stage where kids develop their skills, emphasizing technique and focus, while still being fun. They also will learn how to play the game and a sense of personal achievement.

Teen (ages 12, 13, 14, 15)

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.

With PTR Tennis Professional Akhnaton (Paco) Aguilar.

Schedule:

Munchkin (ages 3, 4, 5)

Tuesdays 3:10-4:00 pm

Sundays 9:10-10:00 am

Kids

(ages 6, 7, 8)

Tuesdays 4-5 pm

Thursdays 4-5 pm

Sundays 10-11 am

Youth

(ages 9, 10, 11)

Wednesdays 4-5 pm

Fridays 4-5 pm

Sundays 11 am - 12 pm

Teen

(ages 12, 13, 14, 15)

Saturdays 12-1 pm

Sundays 12-1 pm

12-Week Program:

Ages 6-15 2x/wk: \$444

Ages 6-14 1x/wk: \$252

Munchkin 2x/wk: \$360

Munchkin 1x/wk: \$204



VERMONT
SPORT & FITNESS CLUB

Vermont Sport & Fitness Club

40 Curtis Ave, Rutland, VT 05701

(802) 775-9916 • vsandf.com

Dan@vsandf.com



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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.)

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Youth (ages 9, 10, 11)

Wednesdays 4:00–5:00 pm

Fridays 4:00–5:00 pm

Sundays 11:00 am –12:00 pm

Teens (ages 12, 13, 14, 15)

Saturdays 12:00–1:00 pm

Sundays 12:00–1:00 pm

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

Enrollment limited. Return this form with payment to:

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

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

Upcoming Sessions:

Winter Session: January 7 – March 31, 2019 (12 weeks)

Spring Session: April 1 – June 23, 2019 (12 weeks)

Summer Session: June 24 – September 15, 2019 (12 weeks)