



# Session 3 – 2010

## JUNIOR LESSON PROGRAMS

February 28 – May 23  
(Off Easter Sunday April 4)



### **Pee Wee Tennis (ages 3-6) – Emphasis on hand-eye coordination, motor skills, and fun!**

3s .....	Wednesday	9:00-9:30am or 1:15-1:45pm	Cost: Member \$ 84.00 / IM \$114.00
4s .....	Friday	3:30 - 4:00pm	Cost: Member \$ 84.00 / IM \$114.00
4-5 .....	Wednesday	10:00 – 10:45am	Cost: Member \$126.00 / IM \$186.00
3-5 .....	Thursday	12:15 - 1:00pm	Cost: Member \$126.00 / IM \$186.00
5-6 .....	Thursday	11:30 – 12:15pm	Cost: Member \$126.00 / IM \$186.00
5-6 .....	Sunday	12:00-12:45pm	Cost: Member \$126.00 / IM \$186.00
5-6 .....	Friday	4:00-4:45pm	Cost: Member \$126.00 / IM \$186.00

### **Level I – Players with little or no experience. Emphasis on stroke development, movement, and rules of play.**

Grade School (ages 7-10) .....	Sunday	12:00-1:00pm	Cost: Member \$168.00 / IM \$228.00
	Friday	4:00-5:00pm	Cost: Member \$168.00 / IM \$228.00
Middle School (ages 11-13) .....	Saturday	12:00-1:00pm	Cost: Member \$168.00 / IM \$228.00

### **Level II – Emphasis on improving strokes, consistency, court positioning, and readiness to play.**

Grade School (ages 7-10) .....	Sunday	1:00-2:00pm	Cost: Member \$168.00 / IM \$228.00
	Friday	5:00-6:00pm	Cost: Member \$168.00 / IM \$228.00
Middle School (ages 11-13) .....	Sunday	3:30-4:30pm	Cost: Member \$168.00 / IM \$228.00
High School (ages 14 & over) .....	Sunday	6:00-7:00pm	Cost: Member \$168.00 / IM \$228.00

### **Level III – Players can sustain a rally, serve consistently, and have the ability to play.**

Grade School (ages 7-10) .....	Sunday	1:00-2:00pm	Cost: Member \$168.00 / IM \$228.00
	Friday	5:00-6:00pm	Cost: Member \$168.00 / IM \$228.00
Middle School (ages 11-13) .....	Sunday	3:30-4:30pm	Cost: Member \$168.00 / IM \$228.00
High School (ages 14 & over) .....	Sunday	6:00-7:00pm	Cost: Member \$168.00 / IM \$228.00

### **Level IV – Players are fairly consistent. They are working on directional control, depth, pace, and spins.**

Grade School (ages 7-10) .....	Sunday	2:00-3:30pm	Cost: Member \$252.00 / IM \$312.00
Middle School (ages 11-13) .....	Sunday	4:30-6:00pm	Cost: Member \$252.00 / IM \$312.00
	Monday	4:30-6:00pm	Cost: Member \$252.00 / IM \$312.00
High School (ages 14 & over) .....	Sunday	11:30-1:00pm	Cost: Member \$252.00 / IM \$312.00
	Tuesday	4:00-5:30pm	Cost: Member \$252.00 / IM \$312.00

### **Level V/VI – Players have dependable strokes, directional control, pace, and depth.**

*These players are playing or will be playing high school varsity tennis.*

Level V .....	Sunday	4:30-6:00pm	Cost: Member \$252.00 / IM \$312.00
Level V/VI .....	Wednesday	4:00-5:30pm	Cost: Member \$252.00 / IM \$312.00
Jr. Invitational .....	Monday	4:30-6:00pm	Cost: Member \$252.00 / IM \$312.00

## SPECIALTY TRAINING

Mental training – Contact Wendy Whitlinger

Fitness training – Contact Tony Daharsh

Summer Programs will run from June 6<sup>th</sup> through July 31<sup>st</sup>

Sign up for programs by calling Fox Cities Racquet Club at (920) 739-0221