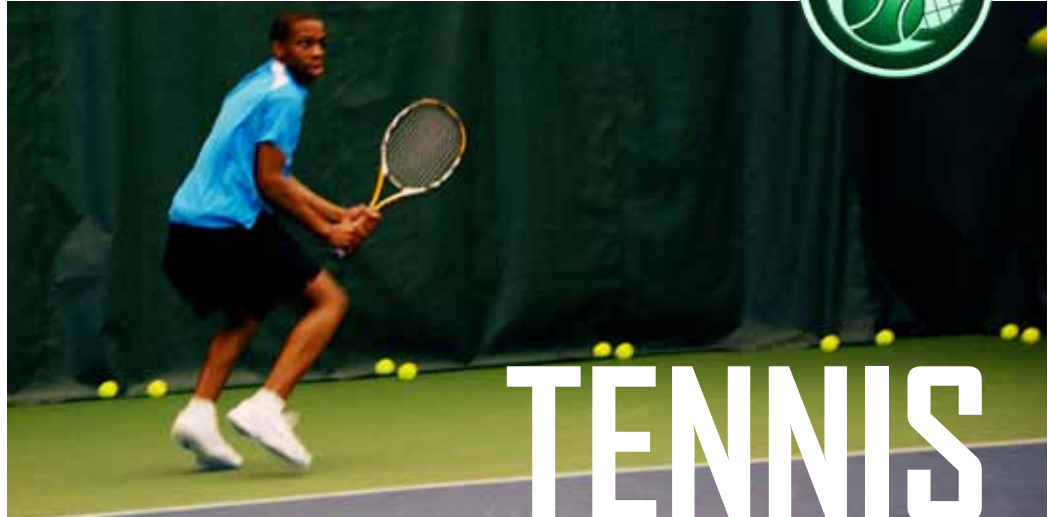


# JUNIOR TENNIS PROGRAM : March 29–May 29



Lakeshore Athletic Club's Junior Tennis Program has been redesigned to allow a natural progression from beginner to tournament level playing ability. While students will still be rewarded with the same fun learning experience, we will begin to focus more on the long-term development of our players. Classes will still be separated mostly by age initially, but with a more concentrated effort to place players of equal abilities together, and to setting up specific criteria for advancement to more challenging levels. We will continue to offer multiple convenient times and dates for classes, and you should find plenty of opportunity for your child to maximize his or her tennis development. Should you have any questions, please contact Jeronie Barnes, Junior Tennis Director, Michael Pilewski Ankle Biters Coordinator or Paul Mercury Racquet Sports Director. We look forward to working closely with your children this year!!

## ■ Junior Fundamentals

Children will learn the rules of tennis, basic elements of the game, proper technique for all of the game's major strokes, basic body movement and footwork.

## ■ Tournament Training

Children will learn a more advanced version of the strokes, movement, and footwork introduced in Junior Fundamentals. They will also learn strategy, consistency, and spin enabling them to increase both their power and control. Conditioning and match play will be involved to properly prepare these players for tournaments.

## ■ Teen Training

This level is for the novice to intermediate level player. We will focus on improving the basics such as technique, movement and strategy. There will be a mix of instruction, drills, games, match play and conditioning. We will provide a foundation for students to become more involved in junior tournaments and/or high school tennis.

## ■ Big Hitters

This program has been designed for the more advanced tournament player. They will learn advanced strategies and tactics, while developing greater depth, power and spin to build their arsenal on strokes. There will be a focus of improving their performance, racquet skills, confidence, conditioning, and match play. Entry into this program requires approval from the tennis staff.

## ■ Ankle Biters Tennis

An Introduction to Tennis Designed for children ages 3, 4 and 5 years old. Special equipment such as small nets, small racquets, foam balls, balloons, etc. are used to introduce tennis to preschoolers and kindergartners. This course helps to develop listening skills, motor learning, body movement and working with others. Children are encouraged to play and progress at their own level.

\*All Tournament Training and Big Hitters participants are required

## ■ Contact Information

For more information please contact:  
Van King at 773.477.9888 x 192 or  
Member Services Desk at x 165

# JUNIOR TENNIS : March 29 - May 29



## ■ Session Dates

### Junior Tennis and Ankle Biters Tennis

Spring Session: March 29 - May 29, 2010

• 9 week session

### Junior Fundamentals Ages 5-7\*

DAY	TIME	LEVEL
Monday	4-5pm	Level 1
Monday	4-5pm	Level 2
Monday	5-6pm	Level 1
Tuesday	4-5pm	Level 1
Tuesday	4-5pm	Level 2
Wednesday	4-5pm	Level 1
Wednesday	4-5pm	Level 2
Wednesday	5-6pm	Level 2
Thursday	4-5pm	Level 1
Thursday	4-5pm	Level 2
Friday	4-5pm	Level 1
Friday	4-5pm	Level 2

\*Placement may vary at the discretion of the Professional Staff.

\*\*Enrollment must be approved by Junior Tennis Director or Ankle Biters Coordinator.

- Age within level can be flexible depending on ability.

- Level 1 is higher than Level 2

- Classes will not run with less than 3 students

### Junior Tournament Training Ages 8-11\*

DAY	TIME	LEVEL
Monday	4-5pm	level 1
Tuesday	4-5pm	level 2
Tuesday	5-6pm	level 1
Wednesday	4-5pm	level 2
Thursday	4-5pm	level 2
Thursday	5-6pm	level 2
Friday	4-5pm	level 1

### Teen Training Ages 12-16

DAY	TIME
Wednesday	5-6pm
Saturday	12-1pm

### Big Hitters\*\* Ages 11 and Up

DAY	TIME
Monday	4-6pm
Tuesday	4-6pm
Wednesday	4-6pm
Thursday	4-6pm
Friday	4-6pm

For more information please contact: Van King, Junior Tennis Director at 773.477.9888 ext 192 or Member Services Desk at ext 165

### Ankle Biters Tennis Classes Ages 4-5

DAY	TIME
Monday	1:00-1:45pm & 3:00-3:45pm
Tuesday	3:00-3:45pm
Wednesday	1:00-2:00pm
Thursday	10:00-10:45am
Friday	3:00-3:45pm & 4:00-4:45pm
Saturday	12:00-12:45pm

For more information please contact: Michael Pilewski, Ankle Biters Coordinator, at 773.477.9888 ext 190 or Member Services Desk at ext 165.

## ■ Class Rates

### Junior Tennis Instructional Program

9 Week Session Guest Trial = One Session Only!

	Member	Guest
1 hr class	\$216 (tcm060m)	\$270 (tcg060m)
1.5 hr class	\$324 (tcm090m)	\$405 (tcg090m)
2 hr class	\$432 (tcm120m)	\$540 (tcg120m)

### Ankle Biters Instructional Program.

9 Week Session Guest Trial = One Session Only!

Member	\$171.00 (tab001)
Guest Trial	\$213.75 (no code)

For times, availability of classes or to register for classes, visit our website at [www.LSAC.com](http://www.LSAC.com) or contact Van King at ext 192

**Policies:** Participants must pay at the time of registration. All members will be billed on their Lakeshore account if payment is not received with registration form. **24 hour cancelation policy for all court reservations and private lessons.** Make-up classes are offered at the pro's discretion. You may come to a class in the same session if there is space available—otherwise, no makeups will be offered, to ensure class quality and consistency. Proration only applied to late enrollment, not for classes missed during a session. No refunds are given for any programs without a medical reason.