



2019 SPRING JUNIOR TENNIS PROGRAM: April 29 – May 24 (4 weeks)

Class size is limited! Priority will be given to those registering for the full session.

Classes are available on a drop-in basis w/NO term commitment as space allows.

15 % DISCOUNT will apply when registering for the entire session, MAKE-UPS available*

Sign up for weekly clinics at fawnlakecc.tennisbookings.com

10 & UNDER Clinics: RED BALL (36-foot court) Tuesdays and Thursday: 4:45-5:30pm

*** Drop-In: Member: \$10 Base rate: \$15 *Parents welcome to join*

Red balls are slightly larger than a traditional ball and are designed to bounce lower and move slower. Drills, activities, and games are designed to keep the participants excited about the new game. KEEP IT SIMPLE... KEEP IT FUN !!!

10 & UNDER Clinics: ORANGE BALL (60-foot court) Tuesdays and Thursday: 5:30-6:30pm

*** Drop-In: Member: \$15 Base rate: \$20

Orange balls bounce a little higher and move a little faster than the red balls. Drills, activities, and games are designed to increase the level of these young players competitive nature, while keeping things fun and interesting. Emphasis is on movement, fun, and learning more mechanical aspects of the stroke and footwork techniques with the goal of getting them comfortable with match play.

AGES 11 & Up Clinics: GREEN and YELLOW BALL (78-foot court) Wednesdays and Fridays: 4:30-6:00pm

Drop-In: Member: \$20 Base rate: \$25

Green balls, faster and higher bouncing than orange balls, are used in Group 1. Traditional yellow balls are used in Group 2. Drills, activities and games will evoke competitive experience, in a light and fun atmosphere. Movement, learning and fun are emphasized. Tactical and technical aspects are employed to help create thinking players. Players in this group should be thinking about entering tournaments or school team play.

TOURNAMENT PREP: YELLOW BALL Wednesdays and Fridays: 4:30-6:00pm

Drop-In: Member: \$20 Base rate: \$25

Players in these groups use traditional yellow tennis balls. This is a high-intensity training group for USTA tournament players and high-school players. This group will focus on all aspects of the game: mental toughness, physical conditioning, technique, and tennis I.Q. Players will push themselves to reach their peak potential in a fun, team-like atmosphere. Players in this group are strongly encouraged to play regularly in USTA tournaments and on their school teams.

FRIDAY NIGHT JUNIOR SOCIAL: 6:30-9:00pm Every Friday (Includes Pizza & Drinks)

Drop-In only: Member: \$20 Base rate: \$25

Aimed to get as many children out having fun and socializing with each other through the medium of tennis and fun games/activities. Pizza and drinks will be served to the children for dinner, with popsicles or treats after.

(Added bonus for parents: this gives you ample time to enjoy some quality time to yourselves at the Harbor Club with friends. Drink and/or food specials will be offered to the parents of Pizza Social participants)

JUNIOR PLAY and MATCHPLAY: SATURDAYS; RED 1:00PM, ORANGE 2:00pm, YELLOW 3:00pm

Drop-In only: Member: \$10 Base rate: \$12

All drills and no play make Jack a dull boy. Point and match play will be set up by the professional staff. This is an ideal supplement to your child's instructional program. Match play will also be scheduled between our local clubs (FCC, YMCA, LOWA ...)

*MAKE-UPS are a courtesy offered by the professional staff. Six hours prior notice must be given when canceling a lesson to be eligible for a make-up class. No shows and late cancels may forfeit that class. See pro for details.

** Participants may be grouped according to age and level at the discretion of the professional staff

*** 10U players use rackets ranging from 19-25 inches depending on child's height. See Brian for size recommendation



2019 SPRING ADULT TENNIS PROGRAM: April 29 – May 24 (4 weeks)

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Classes are available on a drop-in basis w/NO term commitment.*

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ADULT CLINIC/DRILL: Friday Morning: 9:00-10:30am, Tuesdays 7:00-8:30pm

Drop-In: Member: \$15

Non-Member: \$20

A different stroke will be emphasized each week. After a brief warm-up period, one or two drills on that stroke will be introduced, followed by point or match play.

BALL MACHINE DRILLS:

Hit hundreds of balls under the supervision of FLCC Tennis Director, Brian Ratzlaff USPTA. Emphasis is on technique, sound footwork and conditioning. Class is designed for players 3.0 and above.

CARDIO TENNIS

Wednesday and Saturday Mornings: 9:00-10:00am

Thursday Night: 7:00-8:00pm

Drop-In: Member: \$15

Base rate: \$20

Drills and games are designed to promote movement, fun, and learning. Emphasis is on aerobic exercise. As much instruction as possible is offered, while still allowing for a fast-paced, flowing clinic.

If the pace is too slow, let me know. If the pace is too fast, too bad.

Seriously: If the workout is too intense let me know. Feel free to modify by slowing down, doing fewer reps, etc...

STROKE OF THE WEEK: Thursday Night: 6:30-7:00pm FREE with paid CARDIO

Week One: Forehand (Topspin and Slice)

Week Two: Serve

Week Three: Net Game

Week Four: Specialty Shots

Drop-In: Member: \$8

Base rate: \$10

A specific stroke or strategy that will be focused on each week. Emphasis is on developing basic stroke production, grips, early preparation, point of contact and follow through. This class is FREE for those with paid CARDIO attendance

PRIVATE INDIVIDUAL & GROUP LESSONS: Outside of our open lesson offering, private and individual group lessons may be formed. Pick your group, your topic of instruction, your day and time. *see private rate sheet*

HITTING SESSIONS: No instruction, simply rally, drill or play with the pro. See private lesson rate sheet

FREE LESSONS: Each time you participate in a paid lesson program you will be entered in a monthly drawing for a FREE 30- minute private lesson, one-hour ball machine rental or a 60 or 90- minute group lesson.

MAKE-UPS are a courtesy offered by the professional staff. Six hours prior notice must be given when canceling a lesson to be eligible for a make-up class. No shows and late cancels may forfeit that class. See pro for details.

* Participants may be grouped according to age and level at the discretion of the professional staff