

The Colonies House Swim and Tennis Club

Spring 2010 Tennis Junior Program

JUNIOR SESSIONS ARE MONTHLY

Quickstart Tennis: (Ages 4-12 yrs.)

Quickstart is a fun and fast way for your young player to learn the great game of tennis, using age and size appropriate equipment and courts.

Classes are Mondays and Wednesdays 3:15 – 4:00pm or Tuesdays and Thursdays 3:15 – 4:00pm

Cost: \$80.00 members, \$100.00 non-members

Beginner Group: (Ages 10-14 yrs.)

Great introduction to tennis using fun game based drills. Players will be taught easy to remember cues to help them learn the game. Same format as Quickstart group.

Classes are Mondays and Wednesdays 4:00 – 5:00pm or Tuesdays and Thursdays 4:00 – 5:00pm

Cost: \$85.00 members, \$105 non-members

JAG (Junior Advancement Group)

This class is for intermediate level players. Players work on stroke production, strategy and fitness. Classes consist of feeding and rally based drills, match play and conditioning.

Classes are Monday – Thursday 5:00 – 6:00pm

Cost: \$170 members, \$190 non-members

HIT (High Intensity Tennis)

This is for serious tournament level players. This group focuses on stroke production, singles and doubles strategy, developing patterns of play along with strength and conditioning. Players should be prepared to work hard and have fun!

Classes are Monday, Wednesday and Thursday 6:00 – 8:00pm Plus two days per month of strength and conditioning training.

Cost: \$220 members, \$240 non-members

For more information or to sign up for a class, please call

John Thomas @ 210-535-5683 or

Email: jtjohnjr@gmail.com