

## **SCHROEDER TENNIS CENTER SESSION 4**

**JUNIOR PROGRAM Monday, March 18, 2019 - Sunday, May 26, 2019**

**(937) 669-5552 www.schroedertennis.com**

### **Quick Start Beginner Clinics**

Listed below are introductory classes for juniors. Children taking these clinics have limited tennis experience, but they will learn basic tennis fundamentals in a fun, active environment. Any new player interested in these classes may attend one time free of charge to see if they are interested in continuing. **No membership is required for these beginner junior clinics.**

#### **QuickStart for Pee Wees, Ages 4-5**

These young players are encouraged to play and progress at their own speed. Parents are encouraged to come out on the court and lend a helping hand.

Monday 5:15 - 6:00 p.m. 10 weeks - \$109

#### **QuickStart for Tennis Tigers, Ages 6-7**

Our pros will work with these youngsters to develop basic tennis skills and improve hand/eye coordination.

Monday 5:00 - 6:00 p.m. 10 weeks - \$139  
Saturday 10:30 - 11:30 a.m. 10 weeks - \$139

#### **QuickStart for Future Champs, Ages 8-10**

This class introduces all basic tennis skills to young players. Forehand, backhand, serve and volley, as well as court movement.

Monday 6:00 - 7:00 p.m. 10 weeks - \$149  
Friday 4:30 - 5:30 p.m. 10 weeks - \$149  
Saturday 12:30 - 1:30 p.m. 10 weeks - \$149

#### **Junior Rec Group, Ages 11-15**

This beginner class is for older youth just discovering how fun tennis can be. They will learn all the basic tennis skills to get them going.

Monday 4:00 - 5:00 p.m. 10 weeks - \$165  
Wednesday 5:00 - 6:00 p.m. 10 weeks - \$165  
Saturday 1:00 - 2:00 p.m. 10 weeks - \$165

#### **Home School, Ages 5-18**

For home schooled kids, this will also satisfy your P.E. Requirement.

Tuesday 1:30 - 2:30 p.m. 10 weeks - \$89

#### **Junior Match Play (membership required)**

Match play for juniors is a critical component in the development of the skills they are learning in their clinics. These weekly singles and doubles match play opportunities for advancing juniors are the perfect addition to developing both the mental and physical aspects of the game.

#### **Junior Singles Leagues**

Sunday (Level 1) 3:30 - 4:30 p.m. 9 weeks - \$116  
Sunday (Level 2) 4:00 - 5:30 p.m. 9 weeks - \$215  
Sunday (Level 3) 5:30 - 7:00 p.m. 9 weeks - \$215  
Sunday (Level 4) 7:00 - 8:30 p.m. 9 weeks - \$215

### **Experienced Junior Clinics**

These juniors have mastered their basic skills and are ready for more advanced instructions. Parents should feel free to discuss their junior's tennis development with our pros, who will advise them on class progression. **(Junior Membership required = \$79/year)**

#### **Gold Star Select Program**

This class is for younger advancing players who are serious about improving their game and getting into tournament play.

Wednesday 6:00 - 7:00 p.m. 10 weeks - \$175  
Friday 5:30 - 7:00 p.m. 10 weeks - \$255

#### **Junior Intermediate Group**

This class is for players who have graduated from Gold Star and are ready for green dot balls.

Monday 4:30 - 6:00 p.m. 10 weeks - \$265  
Saturday 11:30 - 1:00 p.m. 10 weeks - \$265

#### **Junior Advanced Group**

These players have outgrown the beginner clinics and are ready to begin learning strategies for match play and advancing their basic skills.

Wednesday 4:30 - 6:00 p.m. 10 weeks - \$265  
Friday 5:30 - 7:00 p.m. 10 weeks - \$265  
Saturday 9:30 - 11:00 a.m. 10 weeks - \$265

#### **Special Advanced Group**

Basic Skills are fine tuned. More advanced strokes and techniques are taught in this class with an emphasis on mental toughness.

Thursday 4:30 - 6:00 p.m. 10 weeks - \$275  
Friday 4:00 - 5:30 p.m. 10 weeks - \$275  
Saturday 11:00 - 12:30 p.m. 10 weeks - \$275

#### **Junior Elite Group**

More advanced class for our younger players.

Monday 6:00 - 7:30 p.m. 10 weeks - \$275

#### **Elite Players**

Elite groups consist of top juniors who compete in USTA tournaments and are committed to a high standard of training. The emotional, physical and mental aspects of the game are stressed.

Tuesday 4:30 - 6:00 p.m. 10 weeks - \$275  
Thursday 4:30 - 6:00 p.m. 10 weeks - \$275

# **SCHROEDER TENNIS CENTER SESSION 4**

**ADULT PROGRAM Monday, March 18, 2019 - Sunday, May 26, 2019**

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We use the NTRP (National Tennis Rating Program) system to place players in the proper teams and groups. If you don't know your rating, call us and we will set up the time for you to come in and get a rating at no charge. Private lessons can be scheduled at your convenience.

## **Workout Clinic - Men and Women 3.5 & Above**

Non-stop movement! We will feed you balls until you cannot run anymore! A great aerobic workout in the morning and a lot more fun than going out for a jog. Come out and try it!

Saturday 8:00 - 9:30 a.m. 10 weeks - \$249

## **Ladies 2.5 Clinics**

Techniques and grip work, rallying consistently, singles and doubles positioning and strategy. Placing your serve and ground strokes

Wednesday 6:00 - 7:30 p.m. 10 weeks - \$255

## **Ladies 3.0 - 3.5 Clinics**

Stroke production and consistency work. Court positioning, technique and shot selection.

Monday 6:00 - 7:30 p.m. 10 weeks - \$255

## **Men's Clinics**

Stroke production and consistency work. Court positioning, technique, shot selections, volleys and put-aways. All parts of the game emphasized.

Thursday 3.0 - 3.5 7:30 - 9:00 p.m. 10 weeks - \$255

## **USA 1-2-3 Adult Beginner Clinics**

For beginning players or players getting back into the game. If you want to learn to play QUICK, this is the class for you. It's an inexpensive way to start up or refresh your basic Fundamentals of the game. Come join the fun!

Friday 6:00 - 7:00 p.m. 10 weeks - \$120

## **League Play**

**Please remember these league times are not set in stone. If you have a different time for a league that you would like to suggest, we will do our best to get one going at that time. Please call Bud with any suggestions. Price depends on number of weeks and number of players in league. For example: If 10 players are in a Men's Doubles League and 8 players play each week the cost would be \$108 per player for a 10 week session with balls included.**

## **Men's Doubles**

Tuesday	3.0	7:30 - 9:00 p.m.	10 weeks
Wednesday	3.5 - 4.0	7:30 - 9:00 p.m.	10 weeks

## **Men's Singles**

Monday	3.0	8:00 - 9:30 p.m.	10 weeks
Tuesday	3.5	7:30 - 9:00 p.m.	10 weeks
Thursday	4.0	7:30 - 9:00 p.m.	10 weeks

## **Ladies Singles and Doubles**

Looking for a league of singles and/or doubles? Give the club a call, we will do everything possible to get one scheduled.

*Times on all leagues are subject to change according to available courts*

## **Cardio Tennis Workouts**

This high energy workout features tennis drills and other movement exercises designed to keep your heart rate up the entire time. These workouts will give players of all abilities a high energy, full body workout. The clinic incorporates a warm-up, cardio, and cool-down drills with the added bonus of improving your tennis skills at the same time. Cardio tennis is first and foremost a great fitness activity for **all adults and skill levels.**

Monday	7:00 - 8:00 p.m.	10 weeks - \$135
Friday	11:30 - 12:30 p.m.	10 weeks - \$135

## **Adult USTA and GMVTA League Tennis**

We have men's and ladies' teams at all NTRP levels competing in matches with other Dayton area clubs. Matches include both singles and doubles play. GMVTA is a Fall league that plays September through January. Matches are played on weekends and we have ladies weekday leagues. Let Bud know if you would like to join a team.