

Star Tennis & Maximum Performance Tennis (MXP)

Whether your child is just starting the game or is trying to make a local school team, we have lessons designed to take them to the next level. Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36, 60; and 78; (regular size) tennis courts. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives you child a visible progression to maximize their improvement. Each of our lessons will be divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase and skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced.

STAR TENNIS

Session: April 17th - May 22nd (6 weeks) Fee: \$48

PEEWEE STARS

For children ages 4-5. The goal is to expose children to the FUN of tennis through movement while using Red transition balls, which was developed to give kids more success. Contact Jason.

Tuesdays 1:30 - 2:15 PM CODE: PS

TINY STARS

For children in grades K - 2. The goal is to continue to have FUN and to develop ball judgment skills, improve motor skills and to learn the early stroke mechanics of a forehand, backhand, volley and serve.

Contact Jason with any questions

Mondays 4:00 - 5:00 PM (Beginner) CODE: TSB

Mondays 5:00 - 6:00 PM (Intermediate) CODE: TSI

YOUNG STARS

For children grades 3 - 5 or appropriate skill level. The goal is to continue to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. Contact Jason with any questions

Mondays 4:00 - 5:00 PM (Beginner) CODE: YSB

Mondays 5:00 - 6:00 PM (Intermediate) CODE: YSI

JUNIOR STARS

For juniors grades 6 - 8 and grades 9 - 12. The goal is to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. The ultimate goal is to prepare students for the MXP program.

Tuesdays 4:00 - 5:00 PM (Beginner) CODE: JSB

Tuesdays 5:00 - 6:00 PM (Intermediate) CODE: JSI

MXP TENNIS

MXP is competitive training for the serious junior tennis player. Stroke production, singles and doubles strategy, footwork and mental toughness will be stressed. Contact Jason with any questions

Winter Session: April 3rd - May 21st (7 weeks)

MXP III

For players 7 and older who can play matches. Must be willing and able to begin tournament play. USTA level 7. Lessons include two one-hour practices and one match per week. Ratio 6:1.

Fee: \$140 = <\$8 an hour (add \$70 for non-members) CODE: MXP3

Wednesdays 4:00 - 5:00 PM &

Fridays 4:00 - 6:00 PM (includes 1hr practice & 1hr play day)

MXP II

Ages 12 and up. USTA Championship level 7 players, high school junior varsity and varsity level players. These players should possess a desire to compete in USTA tournament play. Two 1 1/2-hour practices and one match per week will be offered. Ratio 6:1.

Session Fee: \$222 = <\$8 an hour (add \$120 for non-members) CODE: MXP2

Mondays 4:30 - 6pm & Wednesdays 5 - 6:30 PM

Match Times: Saturdays 12:00 - 1:30 PM

MXP I

Ages 12 and up. USTA Championship level 5 and 6 players and top high school varsity players. Players should possess a sound understanding of all parts of play. Two 1 1/2-hour practices and one match per week will be offered. Ratio 6:1.

TOP PLAYER IN MXP 1 WILL BE PLACED ON A SEPARATE COURT AT THE SAME TIME

Session 1 Fee: \$222 = <\$8 an hour (add \$70 for non-members) CODE: MXP1

Tuesdays & Thursdays 4:30 - 6:00 PM

Match Times: Sundays 2:00 - 3:30 PM

Please visit www.courtsplus.org to register online for any of these programs or fill out the application form below and you will be contacted to confirm your registration. All classes are limited by size



APPLICATION FORM (ONE PER PARTICIPANT)

NAME _____ AGE _____ BIRTH DATE _____ CIRCLE GENDER: M F

SESSION _____ PROGRAM NAME _____ PROGRAM CODE _____

STREET ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ EMAIL ADDRESS _____

PAYMENT METHOD CIRCLE: Cash Check Credit Card Charge to Acct.

Name on Credit Card _____

CREDIT CARD NUMBER _____ EXP. DATE _____ CVC _____

RELEASE: I hereby for myself, my children adopted or otherwise, my heirs and executors, waive and release any and all rights and claims for damages that I may have at any time against Courts Plus Community Fitness Center, their agents or representatives; for any injury or damages that may be suffered by me, my child adopted or otherwise, in connection with my association or entry in tennis or other activities sponsored by Courts Plus. By your attendance at Courts Plus, you are granting permission for you and your child to be filmed, videotaped, audiotaped and are granting full use of your likeness, voice and words without compensation.

PARENT SIGNATURE _____ PRINT NAME _____