

NORTHWOOD RACQUET & FITNESS CLUB

“HIGH PERFORMANCE JUNIOR TENNIS PROGRAM”

5-WEEK SESSIONS:

Session 1...September 7 – October 10, 2010
Session 2...October 11 – November 14, 2010
Session 3...November 15 – December 19, 2010

Session 4...January 3 – February 6, 2011
Session 5...February 7 – March 13, 2011
Session 6...March 14 – April 17, 2011
Session 7...April 18–May 22, 2011

MAKE-UPS

December 20–23, 2010 Sessions 1-3
May 23–27, 2011 Sessions 4-7

FUTURE STARS

TENNIS TOTS

Wednesday 3:30-4:00 pm

OR Saturday 12:30–1:00 pm

OR Monday 4:00–4:30 pm

BEGINNER HOT SHOTS

Friday 6:00–7:00 pm

Monday 4:00–5:00 pm

ADVANCED BEGINNER

HOT SHOTS

Wednesday 4:00–5:00 pm

Saturday 10:00–11:00 am

INTERMEDIATE HOT SHOTS

Wednesday 5:00–6:30 pm

Saturday 11:00–12:30 pm

HIGH SCHOOL DEVELOPMENT

TEEN INSTRUCTIONAL

Friday 6:00–7:30 pm

Sunday 3:30–5:00 pm

JUNIOR VARSITY

Thursday 6:00–7:30 pm

Saturday 11:00–12:30 pm

Sunday 3:30–5:00 pm

VARSITY

Monday 4:30–6:30 pm

Friday 4:00–6:00 pm

Sunday 5:00–7:00 pm

HI INTENSITY

(Pro permission only)

JUNIOR ELITE

Tuesday 4:00–6:00 pm

Friday 4:00–6:00 pm

Sunday 1:30–3:30 pm

COMPETITIVE TRAINING

Wednesday 4:30–6:30 pm

Thursday 6:00–8:00 pm

Sunday 11:30–1:30 pm

TOURNAMENT TRAINING

Tuesday 4:00–6:00 pm

Thursday 4:00–6:00 pm

Sunday 7:00–9:00 pm

TRAINING CLINIC

Saturday 12:30–2:30 pm

Drills and Match Play

LESSON FEES:

	<u>MEMBERS</u>			<u>NONMEMBERS</u>		
	<u>5 Weeks</u>	<u>3 Weeks</u>	<u>Drop In</u>	<u>5 Weeks</u>	<u>3 Weeks</u>	<u>Drop In</u>
<u>FUTURE STARS</u>						
<i>Tennis Tots</i>	\$45	\$29	\$12	\$50	\$38	\$18
<i>Beginner Hot Shot</i>	\$120	\$80	\$22	\$135	\$90	\$24
<i>Advanced Beginner HotShot</i>	\$120	\$80	\$22	\$135	\$90	\$24
<i>Intermediate Hot Shot</i>	\$225	\$155	\$32	\$250	\$160	\$36
<u>HIGH SCHOOL DEVELOPMENT</u>						
<i>Teen Instructional</i>	\$225	\$155	\$32	\$250	\$160	\$38
<i>Junior Varsity (3X Week)</i>	\$360	\$240	\$40	\$385	\$250	\$48
<i>Junior Varsity (2X Week)</i>	\$250	\$160	\$40	\$260	\$170	\$48
<i>Varsity (3X Week)</i>	\$525	\$340	\$52	\$555	\$345	\$64
<i>Varsity (2X Week)</i>	\$365	\$225	\$52	\$375	\$240	\$64
<u>HI INTENSITY</u>						
<i>Junior Elites</i>	\$540	\$370	\$45			
<i>Competitive Training</i>	\$600	\$390	\$60			
<i>Tournament Training</i>	\$660	\$410	\$70			
<i>Training Clinic</i>	NC	\$30/Class	\$30/Class			