



Fig Garden Swim & Racquet Club's After-School Junior Tennis Program

All Levels

Six-week session from February 20th to March 29th, 2012

Our Junior Tennis Program is designed to stimulate and challenge children of all levels, age groups and abilities. We use drills, games and instructional teaching aids so children will learn simple tasks, then move onto more challenging exercises. Every segment quickly builds confidence, focus and consistency. Junior players will also work on physical conditioning to include proper warm-ups, stretching, footwork, balance, strength and endurance. Those signing-up after a clinic is full will be put on a waiting list. If you have any questions, please call our Head Tennis Professional, Dean Petty.

Tiny Tots (Ages 3 - 5) Wednesdays 11:15 AM - 12:00 PM

This program introduces the exciting game of tennis to children 3 to 5 years of age. We will also be introducing the kids to Quickstart Tennis. With Quickstart, the balls, as well as the net, are more age appropriate. The goal is to have FUN as well as to maximize the younger player's potential. Constant activity, colorful teaching aids, exercises and fun games help keep children stimulated. Our Tiny Tots program also teaches team work while improving concentration and motor learning development.

Little Figs / Future Stars (Ages 6 - 10 *) . . . Mondays & Wednesdays . . . 4:00 PM - 5:00 PM

Our goal here is to create a more challenging and socially interactive program. The Little Figs / Future Stars players will still be using the Quickstart program but the difference is the balls being used. It is a step up from the Tiny Tots program and still allows for the younger players to have a sense of accomplishment. We combine groups of the same age and level to participate in team drills, fun exercises and tennis games. This further enhances and speeds the learning experience while building good communication, teamwork and improved tennis skills.

Champs / Tournament Training (Ages 10 - 14 *) . . Mondays & Wednesdays . . 5:00 - 6:00 PM

Our Champs / Tournament Training program introduces and refines tennis skills. First timers will work on tennis stroke fundamentals such as forehands, backhands, approach shots, volleys, serves and return of serves. Players will also learn scoring, court awareness and build a solid foundation of consistency, placement, spins and power. Returning students will concentrate on match simulation drills and strategy for both singles and doubles play. Physical conditioning for enhanced speed, balance and power will also be implemented.

High Performance (Ages TBD *) Tuesdays & Thursdays 4:00 PM - 5:30 PM

Our High Performance program is designed for the high school and tournament player who is serious about raising their game to the next level of play or improving their current ranking. Our experienced Tennis Pros will work diligently to maximize each player's full potential while helping them to master their tennis skills, focus and consistency. Players will work on their physical conditioning to help improve endurance, strength and flexibility. Intensive drills and match play are also used to reinforce solid stroke foundations and achieve positive results. Pre-approval is required to be included in this program (please call Dean).

Member Prices - For the six-week session from February 20th to March 29th, 2012

- Tiny Tots \$80 (One-Day Per Week)
- Little Figs / Future Stars \$105 (One-Day Per Week) / \$200 (Two-Days Per Week)
- Champs / Tournament Training \$105 (One-Day Per Week) / \$200 (Two-Days Per Week)
- High Performance \$150 (One-Day Per Week) / \$250 (Two-Days Per Week)

Non-Members Add \$30 (One-Day Per Week) / \$60 (Two-Days Per Week)

* Groups are not solely based on age. Ability plays a large part in Classification.