



FOREST LAKES TENNIS ACADEMY
2009 FALL Youth Tennis Program
Begins Tuesday, September 8, 2009
Brad Karen, Tennis Pro 974-5567
forestlakestennis@yahoo.com

Advanced Beginner Player must be able to hit 15 balls in a row against backboard from 20 feet away (forehand & backhand), rally with partner from the baseline 10 balls in a row each, serve 5 of 10 balls into appropriate service box, know how to keep score and play a complete tennis match.

Intermediate Player must be able to hit 25 balls in a row against backboard from 20 feet away (forehand and backhand), rally from baseline with partner 40 balls each, serve 6 of 10 serves to each service box, return 8 of 10 serves from each service box, volley with both players at net 10 consecutive balls, and must have played at least 5 complete tennis matches. Player must exhibit proper stroke mechanics and grips for all shots and must know the rules of tennis.

Tournament Training Player must be able to maintain a baseline rally of 50 balls, crosscourt rally (forehand/forehand & backhand/backhand) 25 balls each, volley 20 balls in a row to partner on baseline, hit overheads consistently, serve flat, slice and kick serves accurately and should be training for high school or tournament matches.

**All participants in the fall program are automatically eligible for the
 Jefferson Fall Tennis League. Ask Brad for additional details.**

<u>SCHEDULE</u>		
<u>Group</u>	<u>Days</u>	<u>Time</u>
Novice:		
ages 4-6	Tues and/or Thurs	3:30-4:30pm
ages 7-11	Mon, Wed and/or Fri	3:30-4:30pm
ages 12 & up	Mon and/or Wed	6:30-7:30pm
Advanced Beginner:		
Ages 6-11	Mon, Wed and/or Fri	4:30-5:30pm
Ages 12 & up	Mon, Wed and/or Fri	5:30-6:30pm
Intermediate:		
No age limit	Tues and Thurs	4:30-6:00pm
Tournament Training		
	Tues and Thurs	6:00-7:30pm

<u>PRICES</u>			
<u>Novice and Advanced Beginner</u>		<u>Intermediate</u>	
1 day per week	5 weeks	\$75	2 days per week:
	10 weeks	\$110	5 weeks \$150
2 days per week	5 weeks	\$115	10 weeks \$250
	10 weeks	\$175	
3 days per week	5 weeks	\$135	
	10 weeks	\$225	
<u>Tournament</u>			
2 days per week:		5 weeks	\$150
		10 weeks	\$250

Forest Lakes Tennis Academy Fall 2009 Program Registration

Name _____ Age _____ Class _____ 5 wks 10 wks
 Name _____ Age _____ Class _____ 5 wks 10 wks
 Parent Name _____ Phone _____ Email _____

Please return w/ check payable to **Forest Lakes Tennis Academy** to Tennis Pro Shop at the FL North courts.