

- ◆ ALL players are required to sign up for each session they plan on attending as space is limited. Sign up at the front desk
- ◆ Non-Members must fill out a registration form and pay in advance of all sessions. No phone entries for NM.
- ◆ ALL players must sign up for each session they plan on attending. Each class has a 3 player minimum enrollment and an 18 player maximum. Signing up early is recommended.
- ◆ If unable to sign up for full session, prorating requests must be approved through the Club Manager, Gary Wheeler, before session begins.
- ◆ Member rate \$15/hour; Non-Member rate \$20/hour.



SIGN UP FORM

Player _____


Session _____ M NM

CLASS (please circle)

Level RED-1 **Mon/Wed** 5:00-5:30 

Level RED-2 **Mon/Wed/Fri** 4:15-5:00 

Level ORANGE **Tues/Thurs** 4:00-5:30 

Level GREEN **Tues/Thurs** 3:00-4:00
Fridays 3:00-4:15 

Level YELLOW **Mon/Wed** 3:00-4:15 

Parent/Guardian _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Emergency contact _____

Phone _____

Liability Waiver

In consideration of permission to use, today and on all future dates the property, facilities, staff equipment and services of Salem Tennis & Swim Club for myself, my heirs and my representatives, so herby and agents form relapse, waive and discharge not to sue Salem Tennis Club and its employees, liability from any and all claims including personal injury, accidents or illnesses and property loss arising from, but not limited to participation in activities, classes conservation, and use of facilities, premises, or equipment.

Parent Signature



Where Family Counts!

2020
WINTER-SPRING
SESSIONS
JANUARY 6 - JUNE 12

JUNIOR
TENNIS



*Be a better tennis player today
than you were yesterday.*



Level RED-1 *Intro to Tennis and Movement*

Pre-Rally activities and fundamental movement skills that work on agility, balance and coordination. Activities involve sending and receiving skills (rolling, tossing, throwing and catching), as well as games for the hands and feet that are building blocks for tennis skills (rallying, serving, scoring and technique).

Mondays & Wednesdays 5:00-5:30 p.m.



Level RED-2 *Beginner*

Level 2 players will also focus on pre-rally skills from Red 1, but add more tennis-specific activities.

Mondays/Wednesdays/Fridays 4:15-5:00 p.m.



Level ORANGE *Intermediate*

This class is designed for the junior who is striving to play matches. Class emphasis will be on developing ball control (direction, height, depth, speed and spin) and all phases of tennis-specific movement (agility, balance, coordination, speed, strength), as well as advanced tossing/throwing/catching activities. Drills and games will involve match play strategy and fun competition!

Tuesdays & Thursdays 4:00-5:30 p.m.



Level GREEN *Advanced Intermediate*

This class is for students entering their Freshman through Senior year in High School, as well as those who have advanced beyond Orange level. Ball control (direction, height, depth, speed and spin) and all phases of tennis-specific movement (agility, balance, coordination, speed, strength), as well as advanced tossing/throwing/catching activities will be covered. Players will apply skills learned from practices to tactical situations during games.

Tuesdays & Thursdays 3:00-4:00 and Fridays 3:00-4:15 p.m.



Level YELLOW *This class requires approval from the Tennis Pros.*

Students play multiple tournaments throughout the year at the Advanced level and play consistently for their varsity programs. Players are working hard to develop physical and mental stamina and become adept at executing the techniques of the modern game. Class is devoted to live ball drills.

Mondays & Wednesdays 3:00-4:15 p.m.

Junior Development Winter-Spring 2020 Program



Winter Session Dates:

- 1) **January 6-31** (4 weeks)
- 2) **February 3-28** (4 weeks)
- 3) **March 2-April 3** (4 weeks)

Spring Session Dates:

- 1) **April 6-May 1** (4 weeks)
- 2) **May 4-June 12** (6 weeks)

***No classes**

January 9 (No Orange class)

March 23-27 (Spring Break)

May 25 (Memorial Day)

Class sizes:

Min 4 & Max 24 players



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salemtennisandswimclub.com

