



FIVE SEASONS
FAMILY SPORTS CLUB

2011-2012 Junior Tennis

Five Seasons Junior Programs

Our goal is to offer clinics that reach out to all ages and abilities of players. The junior program aims to provide productive learning sessions in a structured and fun atmosphere. Based on the *P.A. System* created by our Five Seasons Director of Tennis, P.A. Nilhagen (with over 40 years of teaching experience), children of all ages can excel at the game of tennis.

- **Pre-registration is required before class participation is allowed. A text or e-mail to a Pro does not register and save a spot for a participant.**
- All players must check in at the Member Services desk before entering the courts.
- Five player per class minimum, unless otherwise specified. In the event the five player minimum is not met, class time may be shortened or cancelled.
- Pros reserve the right to place players in lessons according to their ability level.
- Please call the tennis office at ext: 225, if you have any questions regarding programming or membership requirements.

Tournament Players Program (TP)

An instructional program designed to provide a natural progression of learning the game of tennis from the beginner level to advanced tournament play. Students learn proper stroke production, point play strategies, athletic development, character building and sportsmanship.

USTA 10 & Under Quickstart

The Quickstart format and the *P.A. System* will be used in the Pre-TP, TP1 and TP2 classes. Smaller courts, miniature nets, and low compression tennis balls help beginners learn faster and have greater success.

Session Dates

Fall: August 15- October 9, 2011
No classes September 3-5, 2011

Winter 1: October 10 – December 15, 2011
No classes November 24-27, 2011

Winter 2: January 2- March 11, 2012

Spring: March 12- May 27, 2012
No class April 8, 2012

Munchkins (Pre-TP) Quickstart

This class for children 4-6 years old focuses on learning basic tennis skills. In addition, emphasis will be placed on hand-eye coordination, athleticism and improving social and group interaction.

Monday 3:15-4:00 PM		Fee
Fall	7 wks	\$84
Winter 1	10 wks	\$120
Winter 2	10 wks	\$120
Spring	10 wks	\$120

Friday 3:30-4:00 PM or		Fee
Fall	8 wks	\$72
Winter 1	9 wks	\$81
Winter 2	10 wks	\$90
Spring	10 wks	\$90

Saturday 9:15-10:00 AM		Fee
Fall	7 wks	\$84
Winter 1	9 wks	\$108
Winter 2	10 wks	\$120
Spring	10 wks	\$120

TP1

An introductory junior program for 6-8 year olds, emphasizing stroke development. USTA Quickstart fundamentals will be utilized to incorporate competitive game opportunities.

Monday <u>or</u> Wednesday 6:00-7:00 PM		Fee
Fall	8 wks	\$128
Winter 1	10 wks	\$160
Winter 2	10 wks	\$160
Spring	10 wks	\$160

Friday 4:00-5:00 PM or		Fee
Fall	8 wks	\$128
Winter 1	9 wks	\$144
Winter 2	10 wks	\$160
Spring	10 wks	\$160

Saturday 9:00-10:00 AM or 10:00-11:00 AM		Fee
Fall	7 wks	\$112
Winter 1	9 wks	\$144
Winter 2	10 wks	\$160
Spring	10 wks	\$160

Junior Tennis and Pizza Nights
scheduled monthly-sign up early & save \$

New this season:

Pizza Night Challenge Ladder

TP2

A beginner to intermediate program for 8-12 year olds, which emphasizes stroke production, form and control. This class will provide opportunities for point play, competitive drills and basic game strategies.

Monday 6:00-7:00 PM		Fee
Fall	7 wks	\$112
Winter 1	10 wks	\$160
Winter 2	10 wks	\$160
Spring	10 wks	\$160

Wednesday 6:00-7:00 PM		Fee
Fall	8 wks	\$128
Winter 1	10 wks	\$160
Winter 2	10 wks	\$160
Spring	10 wks	\$160

Saturday 10:00-11:00 AM		Fee
Fall	7 wks	\$112
Winter 1	9 wks	\$144
Winter 2	10 wks	\$160
Spring	10 wks	\$160

TP3

Juniors 12 and under must be able to play sets. Preparation for tournament play emphasizing stroke production, form and control. This class will provide opportunities for point play, competitive drills and basic game strategies. Players will be encouraged to participate in USTA Jr. Team Tennis and Quickstart tournaments.

Tuesday 4-6 PM and Thursday 4-6 PM		
Fall	8 wks	\$480
Winter 1	10 wks	\$600
Winter 2	10 wks	\$600
Spring	10 wks	\$600

Sunday 1-3 PM		
Fall	7 wks	\$210
Winter 1	9 wks	\$270
Winter 2	10 wks	\$300
Spring	9 wks	\$270

TP4

Tournament players with CITA rankings who are 14 and under. Preparation for tournament play emphasizing stroke production, control and technique. This class will provide opportunities for point play, competitive drills and advanced game strategies. Regular participation in CITA level tournaments will be necessary to qualify for this class.

TP4 Continued

Tuesday 4-6 PM and Thursday 4-6 PM		
Fall	8 wks	\$480
Winter 1	10 wks	\$600
Winter 2	10 wks	\$600
Spring	10 wks	\$600

Sunday 1-3 PM		
Fall	7 wks	\$210
Winter 1	9 wks	\$270
Winter 2	10 wks	\$300
Spring	9 wks	\$270

TP5

For Middle School, Freshman, JV and Varsity High School players wanting to continue the development of their game. This class will provide opportunities for point play, competitive drills and emphasize use of game strategies. Advanced stroke technique on serves, backhand slice, and specialty shots.

Monday 4-6 PM and Wednesday 4-6 PM		
Fall	8 wks	\$480
Winter 1	10 wks	\$600
Winter 2	10 wks	\$600
Spring	10 wks	\$600

Sunday 3-5 PM		
Fall	7 wks	\$210
Winter 1	9 wks	\$270
Winter 2	10 wks	\$300
Spring	9 wks	\$270

TP6/Includes Super Group in the fall

CITA/Midwest/Nationally ranked elite players tournament program. Invitation only. Training for tournament play emphasizing stroke production, control and technique. This class will emphasize point play, competitive drills and advanced game strategies and tactics.

Monday 4-6 PM and Wednesday 4-6 PM		
Fall	8 wks	\$480
Winter 1	10 wks	\$600
Winter 2	10 wks	\$600
Spring	10 wks	\$600

Super Group

Training for elite high school age tournament players. Invitation only. Other training opportunities will be scheduled on an individual basis.

Monday 8-10 PM and Thursday 8-10 PM		
Winter 1	10 wks	\$600
Winter 2	10 wks	\$600
Spring	10 wks	\$600



FIVE SEASONS
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2011-2012 Adult Tennis

“Learn to Win” Men’s Clinics

Competitive men’s singles and doubles drills and match play. Our Five Seasons Men’s Director Kurt Ehrhardt and pros provide coaching on technique (stroke and footwork patterns), strategy, tactics and positioning.

Wednesday 7:00-9:00 PM 3.5/4.0 Clinic

Fall	8 wks	\$200
Winter 1	10 wks	\$250
Winter 2	10 wks	\$250
Spring	8 wks	\$200

Saturday 9:00-11:00 AM 3.0+ Clinic

Cost: \$30.00 per time

Or prepayment option as follows

Fall	8 wks	\$192
Winter 1	10 wks	\$240
Winter 2	10 wks	\$240
Spring	8 wks	\$192

Evening Clinics

Drill and play sessions emphasizing stroke production, strategy, and fast-paced competitive drill situations. These sessions are designed to provide additional practice and preparation for USTA League play.

Monday 6:30-8:00 PM Women’s 3.0/3.5 with Kurt

Cost: \$25.00 per time

Four-on-One Private Groups

Competitive private group drill sessions offering more individualized attention which can be scheduled on a weekly basis with one of our Five Seasons’ tennis professionals. Each one of the four players scheduled, pays one quarter of the pro’s private lesson rate. Contact your favorite pro for availability. Rates will vary.

Convenient and affordable.

Cardio Tennis

Levels 3.0 & 4.0

Monday 11:30 am – 12:30 pm

Thursday 11:30 am – 12:30 pm

Saturday 8:00 am – 9:00 am

Cost: Gold Members free *** Select Members \$5

Fall:	August 15- October 9, 2011 No classes Thursday August 25 and Monday, September 5, 2011
Winter 1:	October 10 – December 15, 2011 No classes November 24, 2011
Winter 2:	January 2- March 11, 2012
Spring:	March 12- May 10, 2012

Women’s Competitive Team Practices

Each of these practices will start August 15, 2011 and the season will end May 10, 2012. Spencer Fields is the Director of Women’s Tennis and Molly Card Beckmann is League Coordinator.(ext. 213)

Monday 2.5/3.0	9:30-11:30 AM
Fall	7 wks \$168
Winter 1	10 wks \$240
Winter 2	10 wks \$240
Spring	8 wks \$192

No class Monday, September 5, 2011

Tuesday 3.5	9:30-11:30 AM
Fall	8 wks \$192
Winter 1	10 wks \$240
Winter 2	10 wks \$240
Spring	8 wks \$192

Thursday 4.0	9:30-11:30 AM
Fall	7 wks \$168
Winter 1	9 wks \$216
Winter 2	10 wks \$240
Spring	8 wks \$192

No class Thursday, August 25, (Ladies Member Guest) or November, 24, 2011

Minimum 5 participants per class. In the event the five-player minimum is not met, class time may be shortened or cancelled. Five Seasons reserves the right to place players according to their ability level.