

2019 Palisades
Spring Junior Tennis Instructional Program

April 8th – June 17 (9 weeks)

No class on Memorial Day May 27th

No Class whichever week the courts will be redone

Director of Tennis: Doug Sokol

If class is rained out, students may make-up the missed class on another day that the class is offered on a space available basis. In the event of inclement weather, please call Doug at (240) 498-6140 and he will advise the status of the day's classes

LEVEL: Tiny Tots (Ages 4 – 6)

This class is designed to create enthusiasm for tennis, and to improve hand-eye coordination. Games along with drills and various teaching aids make for a wonderful learning environment. This class is all about fun and movement and your child will love it!

Day and Time:	Monday	4:00 – 4:45 pm
Cost: \$155	\$180*	or
		4:45 -- 5:30 pm

LEVEL: Young Beginners (Ages 7 – 9)

This class emphasizes the basics. Students learn basic stroke techniques, scorekeeping, rallying, and proper movement. Game-based learning and fun is a big part of this class.

Day and Time:	Wednesday or Friday	4:30 – 5:30pm
		or
		5:30 – 6:30pm
Cost: \$210	\$235*	

LEVEL: Low Intermediate (Ages 8 – 12)

This class strives to continue on improving fundamentals. Stroke mechanics are emphasized and rallying consistency is improved. Juniors in this program will experience proper stroking reinforcement, game based drills and lots of fun and encouragement.

Day and Time:	Monday	4:15 – 5:30pm
	Tuesday	4:30 --5:45pm
	Wednesday	4:30 –5:45pm or
		5:45---7:00pm
Cost: \$260	\$285*	

LEVEL: Intermediate-Advanced (Ages 10 – 14)

This class is perfect for those juniors who do not have that much match experience, but would like to start taking their tennis to the next level. This program will further improve stroke technique and juniors can expect many drills designed to teach effective playing.

Day and time:	Monday	5:30-- 7:00pm
	Thursday	5:00---6:30pm
	Saturday	1:00---2:30pm
Cost: \$310	\$335*	

LEVEL: Tournament Training (Ages 10 – 16)

This class is perfect for those juniors who are playing tournaments or aspiring to play tournaments and/or play on their high school tennis teams. This program will help juniors refine stroke technique, work on singles and doubles strategy and tactics as well as incorporate effective patterns of play.

Day and time:	Thursday	4:00-- 6:00pm
	Sunday	1:00---3:00pm

Cost: \$415	\$440*
-------------	--------

* Price for non-members of Palisades Sign up early as many classes fill up fast!!!

The Palisades Junior Instructional Program uses the 10& under play format which allows kids to rally and play right from the start. 10 & Under Tennis is designed around the same concepts as other youth sports such as soccer, baseball, and basketball, all of which use equipment and court/Field sizes scaled to the size of young children. The scaled down equipment and smaller playing fields allow kids to achieve success the first time out and sustain that success as they continue to develop and refine their skills.

Private Lessons

Palisades' Professional Teaching Staff is ready to help improve your game. One way to get the maximum instructional value is to sign up for private lessons. If your child is serious about taking their game to the next level or have tournament aspirations, private lessons are the way to go. Lessons can be arranged by calling Doug at (240) 498-6140. For Palisade's members, private lessons are \$80 per hour or you may save by purchasing a package of six lessons for \$450. For non-members the cost per hour is \$85 and a package of six is \$480.

Registration Form for the Junior Instructional Program

Name: _____ class: _____ Age: _____

Circle Applicable Days: **M T W Th F** time: _____

Name: _____ class: _____ Age: _____

Circle Applicable Days: **M T W Th F** time: _____

Amount Enclosed: _____

Address: _____ Phone: _____ Cell: _____

Parent's Name: _____ Email address: _____

Please mail registration form and full payment payable to:

Doug Sokol

5822 Shepherd Drive

Frederick, MD 21704

Questions: (240) 498-6140 or email: Palisadestennis@hotmail.com