



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 Fall Junior Tennis Registration Form

Return this form to the front desk or email to bcctennis@ymcadc.org

Junior's Name: _____ School: _____

Phone number: _____ Date of Birth: _____

Circle membership type: Full member Program Member

Circle your Program: Tiny Tots Red Orange Green
Yellow Ball

Day(s) of week: _____

Payment Information:

Amount: _____ CC #: _____ Exp. Date: ____/____

*If paying by check, please remit amount to the YMCA Arlington Tennis & Squash Center and return or send to the front desk.

Parent Information

First Name: _____ Last Name: _____

Phone number: _____ Email: _____

YMCA Disclaimer: I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of the YMCA Metropolitan Washington its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless the YMCA, its employees, contractors, subcontractors, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. Refunds will only be given for medical reasons (physician's notice may be required for a medical refund). I have read and understand the above liability.

4 Star Tennis Academy of Va LLC: It is understood that the student is in overall good physical health. In the event that there is a physical condition that may limit or restrict participation in certain activities, a physicians note must be presented. Release: In consideration of the tennis training, I agree to hold 4 Star Tennis Academy of Va LLC harmless for injury or loss that may occur as of result of my participation in this activity provide by 4 Star Tennis Academy of Va LLC.

Signature (to be signed by student or if a child by student's parent)

Date: _____





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LEARN PLAY GROW



2019 Fall Junior Tennis Registration

ALL AGES

All ages (Beginner/Intermediate)

September 9– October 20 (6 week session)

Tiny tots (4-5 year olds): Start your child's tennis career with some serious fun! Led by dynamic instructors, classes will focus on the development of hand-eye coordination, footwork and basic stroke introduction. The main goal of this class is to encourage enthusiasm and love for the sport of tennis while introducing very basic aspects of the sport.

- Class offered on Tuesday 4-5pm
- Full Member: \$150 Program member: \$180/1 hr

Red Team (5-8 year olds): Students will be using red dot low compression balls. Red Team classes will focus on hand eye coordination, footwork and stroke mechanics. Dynamic drills are implemented to prepare players for the next level; Mini nets are used at this level which allows for more success in dynamic drills and games.

- Class offered on Thursday 4-5pm
- Full Member: \$150/1 hr Program member: \$180/1 hr

Orange Team (9-10 year olds): Students will be using orange dot low compression balls. As an Orange Team member, your child will be introduced to more advanced footwork and movement drills as well as enhanced attention to stroke technique. Orange Team children will use a combination of mini-nets and the large net and will start to engage in more fed drills and cooperative drills with other Orange Team members.

- Class offered on Tuesday 5-6:30pm
- Class Full Member: \$225/1.5 hrs Program member: \$270/1.5 hrs

Green Team (10-12 year olds): Students will be using green dot low compression balls. Attention to proper technique continues and Green Team members are now hitting with each other much more. Footwork drills are combined with fed ball drills and the large net is used solely. At this point it is expected that each Green Team member has graduated from the Orange Team level and is able to rally successfully with other players.

- Class offered on Thursday 5-6:30pm
- Class Full Member: \$225/1.5 hrs Program member: \$270/1.5 hrs

Yellow Ball (12-18 year olds): This is a more advanced Yellow Ball level class for 13-18 year olds. This program offers junior players the opportunity to continue to develop their tennis game. The class consists of complex fed drills, competitive "live ball" drills, continued physical conditioning and increased focus on tennis strategy during competitive play.

- Class offered on Friday 4:30-6:00pm
- Class Full Member: \$225/1.5 hrs Program member: \$270/1.5 hrs

