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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2019/20 Winter Junior Tennis Registration Form

Return this form to the front desk or email to [atctennis@ymcadc.org](mailto:atctennis@ymcadc.org).

Juniors Full Name: \_\_\_\_\_

School: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Circle membership type:** Full Member Program Member (\$45/year)

**Circle your Program:** Tiny Tots Red Team Orange Team Green Team  
HP Green Dot High Performance HP Tournament H S Excellence

**Day of week:** \_\_\_\_\_ **Additional Day(s):** \_\_\_\_\_

Parent / Guardian Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Payment Information:**

Amount: \_\_\_\_\_ CC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ / \_\_\_\_\_

**\*If paying by check,** please remit amount to YMCA Arlington Tennis & Squash Center.

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 parent / Guardian)

Date: \_\_\_\_\_





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# LEARN PLAY GROW



## 2019/20 Winter Junior Tennis Registration

### 11 & Over Programs (Intermediate/Advanced)

**December 9 – March 8 (13 week session)**

**High Performance Green Dot:** This is an advanced Green Dot class program that offers junior players 11-15 years old, 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 Options: Monday, Thursday 5-7pm, Saturday 3-5pm or Sunday 2-4pm
- **Full Member:** \$650 **Program Member:** \$780

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**High Performance:** This intensive class will consist of stroke development, individual development plans, fitness, and live ball drilling. The goal is to prepare for matches, play tournaments, and to achieve a USTA Ranking.

- Classes Options: Tuesday or Friday 5-7pm
- **Full Member:** \$650 **Program Member:** \$780

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**High School Excellence:** This program offers high school aged 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 singles and doubles competitive play. This is the perfect class for High School aged players who wish to potentially play for their school teams, participate in tournaments or simply bring their tennis game to the next level.

- Class Options: Wednesday 5-7pm, Saturday 5-7pm or Sunday 4-6pm
- **Full Member:** \$650 **Program Member:** \$780

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**\*Please note that class rates are for one class per week for the session.**

**If you wish to enroll for multiple days, please indicate this on the registration form.**

**High Performance Tournament Group:** This Program consists of tournament players only between the ages of 8-13. You must attend at least one tournament a month. During this class, players will be trained through intense drilling, competitive match play and fitness, tactics and strategy. This is an all-encompassing program with a goal of producing top ranked, well rounded players. Must be approved by Mehdi Garma and it is required to participate in both clinic days.

- Classes Options: Monday or Thursday 5-7pm
- **Full Member:** \$650 **Program Member:** \$780

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.





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## 2019/20 Winter Junior Tennis Registration

### 12 & Under (Beginner/Intermediate)

**December 9 – March 8 (13 week session)**

**Tiny tots (4-5 years old):** 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 basic aspects of the sport.

- Class Options: Tuesday 4-5pm or Saturday 1-2pm
- **Full Member:** \$325
- **Program Member:** \$390

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**Red Team (5-8 years old):** Students will be using red dot low compression balls while focusing on hand eye coordination, footwork and stroke mechanics. This is the first step in the USTA 10 and Under progression. They will be using mini nets for dynamic drills preparing players for the next level.

- Class Options: Tuesday/Wednesday/Thursday 4-5pm or Saturday 1-2:30pm
- **Full Member:** \$325/ 1 hr classes & \$490/ 1.5 hr classes
- **Program Member:** \$390/1 hr classes & \$585 1.5 hr classes

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**Orange Team (9-10 years old):** Students will be using orange dot low compression balls to participate in more advanced footwork and movement drills, as well as enhanced attention to stroke technique. They will use a combination of mini and large nets, to engage in fed & live ball drills.

- Class Options: Tuesday/Wednesday/Thursday 4-5pm or Saturday 1-2:30pm
- **Full Member:** \$325/ 1 hr classes & \$490/ 1.5 hr classes
- **Program Member:** \$390/ 1 hr classes & \$585/ 1.5 hr classes

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**Green Team (10-12 years old):** Students will be using green dot low compression balls preparing them to use traditional yellow balls. This is the final step of the USTA 10 and Under program. Solely using the large nets, players will be engaging in more advanced drills, competitive rallying, and will be introduced to match play strategy.

- Class Options: Tuesday/Wednesday/Thursday 4-5pm Saturday 1-2:30pm or Sunday 12-1:30pm
- **Full Member:** \$325/ 1 hr classes & \$490/ 1.5 hr classes
- **Program Member:** \$390/ 1 hr classes & \$585/ 1.5 hr classes

Class rates are for one day per week for the session. If you wish to enroll for multiple days, please indicate on registration form.

**Students may make up to two classes per session by contacting [Scott.Mcintosh@ymcadc.org](mailto:Scott.Mcintosh@ymcadc.org)**

