

Tri-City Fitness' Junior Programs

Junior Academy: During the school year, we offer lesson groups Mondays through Fridays after school, and also on Saturday afternoons. These groups are offered for players of all levels, from complete beginners to advanced players. Emphasis is placed on both mechanics and strategies, utilizing a number of drills and games during each lesson.

Junior Shootout: This walk-in program includes organized games for players of all levels, as well as match play. Players can choose which they'd rather do, and are free to switch back and forth throughout the night. Shootouts will take place on Saturdays from 5:30-7:00, beginning September 15.

Elite Program: Designed for USTA tournament players, as well as those on their school's JV and varsity teams, this program pushes the kids harder than our normal junior academy. We expect that players in this program have a solid fundamental background, and therefore we focus more on strategies and execution than mechanics. Players are expected to take their game seriously, and work hard to improve. While instructors will lead the drills and games during the groups, players must take responsibility for their game themselves. Groups are offered after school during the week, and also on Saturday afternoons.

Walk-On Time: When a court is available, junior members are allowed to use it at no charge. Rules for this privilege are as follows:

- Only junior members active in our current programming are eligible
- Players can hit ONLY with another eligible junior member
- Any reserved courts must be paid for as normal. You may not book a court and use it as walk-on time
- ALL players must sign in at the front desk and get the court assignment from the attendant
- No walk-on time is allowed during our holiday camp hours, or during the summer months
- All players under 12 need parental supervision at all times; however, the hitting privilege is reserved for the kids, not for the parents

QuickStart Tennis: This format, intended for beginners from 4-7 years old, uses smaller courts and unique balls which won't bounce as high or travel as fast. This innovative approach will facilitate proper techniques and make it much easier for young kids to grow into the game. For more information on this program, please contact Gerry by calling Tri-City at 785-4311.

Birthday Parties: Schedule a party at the club for you and your friends! Parties include time spent on court playing games with instructors, followed by a party in a private room where guests can enjoy food, music, etc. For more information, please contact Billy by calling the club at 785-4311.

Junior Membership Benefits:

- **Reduced rates** on our programming listed above, as well as for private lessons
- When children sign up for a session of group lessons, **parents are allowed to use the gym** at no additional charge! This is good at any time for the duration of the session. Just stop by the front desk to fill out a waiver first.

*For more information, visit our website at www.tricitytennis.com
or email Andy at andy@tricitytennis.com*