

C.O.R.E. Tennis at Poplar Heights- FALL PROGRAMS

-All Fall Junior Programs will run once a week for 6 weeks starting

September 6th and ending October 16th

- Missed classes due to inclement weather will be made up at the end of the Fall Session or will be credited towards the Spring season.

Class	Age / Level	Day	Time	Price (Mem/Non)
Junior Aces	4-6 yrs / Beginner	Mon & Wed / Sat	3-3:50 pm / 11-11:50 am	\$75 / \$90
Little Champs	7-10 yrs / Beg – Inter	Mon & Wed /Sat	4-5 pm / 12-1pm	\$90/ \$110
Crush	11-14 yrs / Beg-Inter	Mon & Wed /Sat	5-6 pm	\$90 / \$110
Rising Stars	11-14 yrs / Advanced	Wed	6-7pm	\$90 / \$110

Junior Aces- Beginner (Ages 4-6)

-Emphasis on the core concepts of the tennis swing, such as low to high and ball control.

-Classes are set up according to the Quickstart method, using 1/4 of the full court in order to better match the ages, sizes, and skill levels of 4-6 year olds.

-A stronger focus is placed on hand-eye coordination, racquet skills, and FUN activities!

Little Champs- Beginner & Intermediate (Ages 7-10)

-Students learn the mechanical fundamentals of the forehand, backhand, serve, overhead, and volley.

-Develops tennis in a game based environment and includes team tennis competition.

-Little Champs courts are set up according to the Quickstart method, taking up 1/2 of a full tennis court in order to adequately match the skills, ages, and abilities.

Crush-Beginner & Intermediate (Ages 11-14)

-Core tennis skills are reinforced including forehands, backhands, serves, volleys, and return of serve.

-Includes learning how to play singles and doubles tennis matches.

-Students will improve their understanding of tennis and develop muscle memory.

Rising Stars- Advanced (Ages 11-14)

-Geared toward advanced middle and high school players.

-Dedicated to helping players become more competitive in tournaments, making their high school team, and moving up in rank.

-Training regimen that includes match play, live-ball, feeding drills, and conditioning.

Registration: Please complete Registration form and mail to 7515 Lee Highway Falls Church, VA 22042

Name: _____ **Member/ Non Member** _____

Phone: _____ **E-mail:** _____

Class (es): _____

FORM OF PAYMENT: Check ____ (C.O.R.E. Sports Mgmt.) Cash ____

Signature: _____ **Date:** _____

For more information please contact Alex Shek, Tennis Professional at 571-205-9131, Alexshek21@gmail.com