



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROWE TENNIS CENTER NEWSLETTER



NEW TENNIS FITNESS CLASS!

Coach Jim Light is teaming up with one of our fitness instructors, Angela Bush, to offer a combination of on court tennis training as well as off the court tennis specific training to increase strength, agility, balance, and speed!

July 24-27th (Mon-Thurs)
Tennis 12-1:30 PM / Fitness 1:30-2:00 PM
YMCA Members \$85 / Non-Members \$95

August 7-10th (Mon-Thurs)
Tennis 12-1:30 PM / Fitness 1:30-2:00 PM
YMCA Members \$85 / Non-Members \$95

UPCOMING SOCIALS

ADULT SOCIAL

Saturday July 8th 6:00-11:00pm
YMCA Members \$12 / Non-Members \$17
Please bring a snack to share.

HIGH SCHOOL SOCIAL

Friday July 2nd 6:30-9:00pm
YMCA Members \$15 / Non-Member \$20
Pizza and Drinks provided.

FATP WIMBLEDON SOCIAL

Sunday July 16th 9am - 12 pm
FATP Members \$ 12 / Non-Member \$ 15
Pizza and Drinks provided.

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Questions, comments, and/or ideas for this, or future issues of the Tennis newsletter? Contact Kacey Conroy at kconroy@familyymca.org.

USTA OUTSTANDING TENNIS FACILITY AWARD 2003 TOP 50 TENNIS WELCOME CENTER AWARD 2006

If you would like to schedule a private or group lesson with any of our instructors, please contact Tennis Director, Jim Light at jlight@family-ymca.org or the Tennis Desk at 540- 371-9622 ext. 1044.



JUNIOR TENNIS PLAYER OF THE MONTH

Mridula is a 7th grader in Drew Middle, who likes to play tennis and wants to learn more and be better at it. Her favorite tennis player is Roger Federer, besides her dad! She loves swimming and is in Marlins swim team. She also enjoys reading and loves to hike.

YOUTH CLINICS - SUMMER 2017

SHORT SHOTS WEEKLY CLINIC: Ages 5 & 6

Monday-Thursday: 3:30-4:30 PM

An introduction to basic strokes, movement and games.

Fees (per week): Members: \$45 / Non-Members: \$55

Week 3 (no class July 4th) is \$35 for Members and \$45 for Non-Members.

QUICKSTART WEEKLY CLINIC: Ages 7-10

Monday-Thursday: 4:30-5:30 PM

Clinic will include technique, footwork and point play.

Fees (per week): Members: \$45 / Non-Members: \$55

Week 3 (no class July 4th) is \$35 for Members and \$45 for Non-Members.

JUNIOR DEVELOPMENTAL/INTERMEDIATE WEEKLY CLINIC: Ages 11-18

Monday-Thursday: 3:00-4:30 PM

This weekly clinic will have two instructors to work with the students based on their skill level. Stroke technique, point play, and rallies will be enforced.

Fees (per week): Members: \$65 / Non-Members: \$75

Week 3 (no class July 4th) is \$55 for Members and \$65 for Non-Members.

SESSION DATES

SESSION DATES	
WEEK 1	June 19—June 22
WEEK 2	June 26—June 29
WEEK 3	July 3—July 6 *No class 7/4
WEEK 4	July 10—July 13
WEEK 5	July 17—July 20
WEEK 6	July 24—July 27
WEEK 7	July 31—August 3
WEEK 8	August 7—August 10
WEEK 9	August 14—August 17
WEEK 10	August 21—August 24



ADULT TENNIS - SUMMER 2017

DROP-IN & SKILLS CLASSES

H.I.T.S (HIGH INTENSITY TRAINING SESSION)

Mondays 9:30-10:30am (3.0 level and below)

Tuesdays 8:00-9:00pm (ALL Levels)

Wednesdays 9:30-10:30am (3.5 level and above)

Fees: Members \$10 / Non-Members \$15

Max of 8 per class. Members may sign up anytime.

Non-Members may sign up the day before.

T.R.X. TENNIS CLASS (Resistance Training)

Tuesdays 5:30-6:30pm

Fees: Members \$7 / Non-Members \$12

Members may sign up anytime. Non-Members may sign up the day before. However, all participants are asked to reserve their space before 3:30pm on the day of play.

TENNIS SOCIALS

Saturday, July 1st from 6-11 PM

Fees: Members \$12 / Non-Members \$17

THURSDAY DRILLS

Thursdays: 9:30-10:30 AM

Fees: Members \$7 / Non-Members \$12

CARDIO TENNIS

Mondays & Wednesdays 6:30 pm-7:30 pm

Tuesdays & Fridays 9:30 am-10:30 am

Fees: Members \$7 / Non-Members \$12

Members may call to sign up anytime. Non-Members may sign up the day before.

SENIOR TENNIS

Mondays & Fridays 1 pm-3 pm

Wednesdays 11:30 pm-1:30 pm

Fees: Members \$5 / Non-Members \$8

Space is limited. Y-members may reserve after 5:30pm the evening prior (3:00pm on Sundays). Non-Members may reserve after 9am same day.

PICKLE BALL IN THE GYM

Mondays & Thursdays 1:30 - 3 pm

Fees: Members Free / Non-Members \$5

TENNIS PERSONAL TRAINING

Days and Times: Anytime (30 minutes - 2 hours)

Book with any of our Tennis Instructors

ADULT BEGINNER CLASS	SESSION DATES	PRICE
Saturdays 9-10:30 AM	7/8 - 8/12	M: \$90 / NM \$100