



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROWE TENNIS CENTER NEWSLETTER



NOVEMBER 2017

REGISTER ONLINE, SAVE!



As a member, guest, or program participant, you have access to your YMCA account online. Use the online portal to register for programs, update your banking information, make payments, print receipts and more!

To get started click the online account link and choose the "I want to set up online access for my account" find account option.

<http://family-ymca.org/membership/manage-my-ymca-account>

Enter your last name, two digit month two digit day and four digit year date of birth, and mailing address zip code. The system will ask you to verify access to your account by providing the email address or the last four digits of the valid banking information associated with your account. Log in information will be emailed to your email address.

ENTER THE ABOVE PROMO CODE AT CHECK-OUT AND SAVE!!

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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

London Chance Kelson is a third grade student at Conway Elementary. Her school activities are Book Club, Chorus, and Yoga. In addition to tennis, she takes piano lessons and is a member of the Stingrays Swim Team. She is also proud to be a Brownie in Girl Scout Troop 5059, where she is more than happy to be your point of contact when it's cookie season! We love her energy and enthusiasm on and off the court!

www.family-ymca.org

ADULT TENNIS - FALL 2017



ADULT BEGINNERS CLASS	Session 1	Session 2	Session 3
Saturdays 9-10:30 AM M: \$75 / NM \$85	9/9-10/7	10/14-11/11	11/18-12/16
Wednesdays 10:30-11:30 AM M: \$50 / NM \$60	9/13-10/11	10/18-11/15	11/22-12/20

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.

TENNIS SOCIALS

Saturdays from 6-11 PM
Fees: Members \$12 / Non-Members \$17

THURSDAY DRILLS

Thursdays: 9:30-10:30 AM
Fees: Members \$7 / Non-Members \$12

TENNIS PERSONAL TRAINING

Days and Times: Anytime (30 minutes - 2 hours)
 Book with any of our Tennis Instructors

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 1:00 - 3 pm
Fees: Members Free / Non-Members \$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H.I.T.S. 9:30-10:30 AM (3.0 level and below)	Cardio Tennis 9:30-10:30 AM	H.I.T.S. 9:30-10:30 AM (3.5 level and above)	Thursday Drills 9:30-10:30 AM	Cardio Tennis 9:30-10:30 AM
Senior Tennis 1-3 PM	H.I.T.S. 8-9 PM	Senior Tennis 11:30-1:30 PM	Pickleball (Gym) 1:00-3 PM	Senior Tennis 1-3 PM
Pickleball (Gym) 1:00-3 PM	(All Levels)	Cardio Tennis 6:30-7:30 PM		
Cardio Tennis 6:30-7:30 PM				

UPCOMING SOCIALS

ADULT SOCIAL

Saturday December 2nd 6:00-11:00pm
 YMCA Members \$12 / Non-Members \$17
 Please bring a snack to share.

TEEN SOCIAL

Friday December 1st 6:30-9:30pm
 YMCA Members \$12
 Non-Members \$17
 Drinks and pizza included!

MIDDLE SCHOOL SOCIAL

Friday December 8th 6:30-9:30pm
 YMCA Members \$12
 Non-Members \$17
 Drinks and pizza included!

YOUTH CLINICS - FALL 2017

SHORT SHOTS: Ages: 5 & 6

Members: \$25 / Non-Members: \$35	Session 1	Session 2	Session 3
Mondays 4:30-5 PM	9/11-10/9	10/16-11/13	11/20-12/18
Wednesdays 4:30-5 PM	9/13-10/11	10/18-11/15	11/22-12/20
Saturdays 9-9:30 AM	9/9-10/7	10/14-11/11	11/18-12/16

QUICK START BEGINNER TENNIS: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Session 3
Saturdays 9:30-10:30 AM	9/9-10/7	10/14-11/11	11/18-12/16

QUICK START INTERMEDIATE TENNIS: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Session 3
Saturdays 10:30-11:30 AM	9/9-10/7	10/14-11/11	11/18-12/16

QUICK START TENNIS COMBINATION: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Session 3
Mondays 5-6 PM	9/11-10/9	10/16-11/13	11/20-12/18
Wednesdays 5-6 PM	9/13-10/11	10/18-11/15	11/22-12/20

BEGINNER/ADVANCED BEGINNER JR TENNIS: Ages: 11-16

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Session 3
Tuesdays 4-5 PM	09/12-10/10	10/17-11/14	11/21-12/19
Thursdays 4-5 PM	9/14-10/12	10/19-11/16	11/30-12/21
Saturdays 10:30-11:30 AM	9/9-10/7	10/14-11/11	11/18-12/16

INTERMEDIATE/ADVANCED JR TENNIS: Ages: 11-18

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Session 3
Tuesdays 5-6 PM	09/12-10/10	10/17-11/14	11/21-12/19
Thursdays 5-6 PM	9/14-10/12	10/19-11/16	11/30-12/21
Saturdays 11:30-12:30 PM	9/9-10/7	10/14-11/11	11/18-12/16



DON'T FORGET TO LIKE US ON FACEBOOK:

ROWE TENNIS CENTER

TENNIS TIP OF THE DECADE! (from our very own Coach Jim!!!)

Let's talk about the overhead smash. The most important things to think about with the overhead are footwork and preparation. As soon as you see the ball go high in the air make sure to turn your body and get the racquet back behind your head. Another important element of the footwork is to try and keep the ball in front of you, there is nothing wrong with taking a few extra steps back and then adjusting forward into your shot.

If you have an overhead that you can put away, aim for the side T because too often players focus on pace and hit the ball hard and deep right back to the baseliner who lobs it back.



JUNIOR POINTS CHALLENGE

FOR HIGH SCHOOL AGE & YOUNGER

Points will be awarded every time you play tennis here at the YMCA! You will also receive points for playing in tournaments outside of the Y. The challenge runs from September 11th, 2017 through December 21st, 2017.

POINT VALUES:

Private Lessons = 30 points

Clinic Participation (per class) = 10 points

1 Hour Ball Machine Rental = 15 points

1 Hour Court Time = 15 points

USTA Jr. Tournament = 20 points

PRIZES:

1ST PLACE: A FREE TENNIS RACQUET (PLAYER'S CHOICE)

2ND PLACE: A FREE TENNIS BAG (PLAYER'S CHOICE)

To participate, juniors must fill out a Junior Points Challenge slip for each activity and submit it to the box at the Tennis desk

UPCOMING EVENTS MARK YOUR CALENDAR!



Breakfast with Santa

Event Start Date: December 2, 2017

Event Start Time: 9am-11am

Event Location: Massad Family YMCA

Hosted By: Massad Family YMCA

Skip the long mall lines and come enjoy breakfast with Mr. Claus.

\$6 for Y Members

\$10 for Non-Members



Event Start Date: November 23, 2017

Event Start Time: 7am

Event Location: James Monroe High School, 2300 Washington Avenue, Fredericksburg, VA

Hosted By: Massad Family YMCA

Mary Washington Healthcare/Rappahannock Orthodontics
YMCA Turkey Trot 5 km & Coker Family YMCA Turkey Trot Mile & Half-Mile

[Click Here to Register!](#)

Holiday Craft Show

Event Start Date: December 2, 2017

Event Start Time: 9am-1pm

Event Location: Massad Family YMCA

Hosted By: Massad Family YMCA

<http://family-ymca.org/about-us/news-events/>

