



Royal Nova Scotia Yacht Squadron

376 Purcell's Cove, Halifax, Nova Scotia B3P 1C7

Phone (902) 477-5653 Fax (902) 477-6298

2009 Summer Tennis Program

Introduction:

Again this summer The RNSYS will be providing tennis lessons for members. Tennis instructor, Sarah Tremaine has been involved in tennis her entire life. She has been named female tennis athlete of the year for the past three years and has recently completed her first year playing division I tennis for Fordham University in New York City. Sarah has several years of coaching experience and is eager to continue coaching at RNSYS.

Summer Tennis Program:

The 2009 RNSYS Summer Tennis Program will run from June 15 until August 19 on Mondays and Wednesdays from 2pm to 7pm. When the program is not taking place, the court is open for member's social and recreational use.

Tennis Program Schedule & Cost:

Semester A: Warm up for summer!

June 15- June 25 (2 wks)

Program Name	Times	Days	Members Cost	Non Members Cost
Kids Program (5-8yrs)	4:00pm-4:45pm	Mon & Thurs	\$35.00	\$50.00
	(9-12yrs) 4:45pm-5:30pm	Mon & Thurs	\$35.00	\$50.00
Youth (13+)	5:30pm-6:30pm	Mon & Thurs	\$40.00	\$55.00
Adult	6:30pm-7:30pm	Mon & Thurs	\$40.00	\$55.00

Semester I: June 29 - July 23 (4 wks)

Semester II: July 27 - Aug 20 (4 wks)

Program Name	Times	Days	Member Cost	Non Member Cost
Kids I [5-8 yrs]	2:00pm-3:00pm	Mon & Thurs	\$75.00	\$90.00
Kids II [9-12]	3:00pm-4:00 pm	Mon & Thurs	\$75.00	\$90.00
Youth [13+]	4:00pm-5:00pm	Mon & Thurs	\$75.00	\$90.00
Adult I [beginner]	5:00pm-6:00pm	Mon & Thurs	\$80.00	\$95.00
Adult II [intermediate]	6:00pm-7:00pm	Mon & Thurs	\$80.00	\$95.00

Private Lessons Call 499-4471





2009 Summer Tennis Program Continued

Tennis Program Description:

Kids I (5-8 yrs)

This program allows young players between the ages 5 and 8 to play quickly and successfully. The program uses scaled racquets, modified balls [i.e. foam balls], and court sizes [1/2 court] to offer competitive opportunities that are taught using a game-based approach. The coach will focus on getting participants to play, helping them play better using proper techniques [i.e. body movement]. The program topics include: ball controls, eye-hand coordination, eye-foot coordination, moving ball with strings, balls over net, and working in partners.

Kids II (9-12 yrs)

The goal of the program is to allow children between the ages 9 and 12 improve their overall tennis skills faster so they can transition from the 1/2 court to the 3/4 court and full size court with more ease. The participants in this program will use pressure less balls on a 3/4 court [sometimes 1/2 court], they are more likely to use 23 or 25 inch racquets. The program topics include: ball controls, rally, footwork, working with partners, and cooperation drills. The kids will learn the basic tennis skills including starting the point through serve proper technique on forehand and backhand, volley, an overhand, basic singles and doubles positioning and scoring.

Youth (13+)

The youth participating in this program will develop a clear understanding of rules, etiquette, scoring and basic singles and doubles strategies and tactics, as well as positioning. Furthermore, they will learn the basic technical skills [i.e. grip change on forehand and backhand], how to start the point through serve and return and how to rally the ball. This program is not limited to youth who are just starting out! In more advanced cases [based on the skill level and ability of the group] the youth may be introduced to different spins, and a second serve.

Adult I (beginner)

The goal of this program is to introduce adults who are starting out to the basics of tennis including proper technique, rules, and etiquette. The focus will be on acquiring rally skills with the hopes of being able to play the game. The program topics include: ground strokes [i.e. forehand/backhand], volleys, serve and return.

Adult II (intermediate)

In addition to developing a clear understanding of the basic rules, etiquette, and strokes, the adults will be introduced to how to use a lob, approach shots, and 2nd serve in a match situation. The program topics include: proper technique for consistency, footwork, approaching the net, serving & returning crosscourt, game styles, and advanced positioning.

Private Lessons

Sarah will be available most afternoons and evenings throughout the summer for private lessons and semi-private lessons. Please contact her at 499-4471 to schedule a time that works for you. Privates will be \$30 and semi-privates will be \$20 per player.

Registration and Payment:

Registration and payment should be done by Credit Card or through member account and should be faxed to the club for billing and processing.

Registration forms to be faxed to the RNSYS at 477-6298



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2009 Summer Tennis Program Registration Form

Player's Name: _____ Birth Date: _____

Guardian's Name: _____

Street Address: _____

City: _____ Postal Code: _____

Email: _____

Home Phone: _____ Cell Phone: _____

Circle your choices

Choose a Session

Session A

Session I

Session II

Choose a Level

Kids I (5-8yrs)

Kids II (9-12yrs)

Youth (13+)

Adult Beginner

Adult Intermediate

Payment

Credit Card #: _____

Exp _____

Member Acct #: _____

Please fax registration form to 477-6298