

Welcome to Flower Valley Bath and Racket Club's Spring Tennis Season 2010!

* Professional Instruction from Kristoffer Barnes who has almost 10 yrs experience.

* Tennis programs run 8 weeks for both Adults and Juniors.

* Programs begin on March 22nd and will run through May 14th. May 17th- 21st is the time allotted for make-ups due to inclement weather.

* Private Lessons are available beginning March 1st (assuming weather cooperates).

* All programs are listed on the next page

* Make-up Policy for Programs:

Cancellations and Withdrawals: Must be received in writing prior to the start of the program and are subject to a \$60 service charge. If a student cancels/withdraws due to injury or illness after the program begins, all payments will be pro-rated appropriately. Physicians notice must be provided in order for a prorated refund.

Missed Classes and Make-ups: Missed classes which are not phoned in at least 48 hours in advance are forfeited. Other missed classes must be made up in the current semester and will not be rolled over. No refunds will be given for missed classes. Please call Kristoffer Barnes to schedule your make-up. If you have not called in advance, you may not be able to participate on that day due to court availability or capacity of that class. Any other reason for an absence is unexcused. Any missed classes due to inclement weather are scheduled ONLY for May 17th- 21st. We are not held responsible for the weather.

* Deadline for all Registrations of classes is **Friday, March 19th, 2010**.

Note: There will be a **10% discount** on the total amount to all those who send in their registrations by/on Saturday, March 13th, 2010! You will receive a confirmation email on the day the check and registrations are received so please be sure to INCLUDE your email address!

* Send registrations and make all checks payable to:

**Kristoffer Barnes
19009 Queens Cross Lane
Germantown, MD 20876**

Adult and Junior Tennis Program

Spring 2010

Morning & Evening Explosions:

Drills focus mostly on technique and a little strategy. Morning Explosion are for mainly intermediate players looking to perfect their technique and looking to gain a little strategy instruction for both doubles and singles. Evening explosion is for the Beginner to Beginning-Intermediate Levels, who are trying to learn the game correctly. Drills will focus on correct technique and injury prevention.

Cardio Tennis:

Get your workout on the tennis court! This adult program is composed of high paced drills to increase stamina, speed, and overall conditioning. Drills focus purely on cardio and no instruction. If you are looking to get a great workout and hit some tennis balls, this your class!

World Class (Advanced/Tournament Players):

This class is for the serious tournament player. The class is designed to produce sectional ranked players from our club. The program's focus is on intensive live ball drilling, scenario and strategic training, and a heavy emphasis on fitness and conditioning. A minimum of one tournament per month will be required to train for to help develop purpose in their training regimen. There will be outside homework. The class will be based on skill so all ages are welcome, but the class will have a few skill requirements in order to join the class. Minimum of 5 players for class to be held.

Junior Aces (Intermediate):

This program is designed for the player who is looking to become more serious about their development, but isn't quite ready for the more advanced level training. This class is a feed into Elite and will focus on developing skills and correcting weaknesses through fast paced drills and match play.

Junior Netters (Beginners/Low Intermediate):

Focus will be on stroke production, rules and score keeping. This class feeds into the Junior Aces program, assuming that skills have developed reasonably for advancement. The format will provide a mixture of drills and begin with the objective of improving overall play.

Wimpletons (Beginners: Children ages 4-8)

Introductory class to tennis with emphasis on motor control and cognitive learning. Focus will be on hand-eye coordination, stroke production, and most importantly creating interest to ensure longevity in the sport. The focus on having lots of fun!

Adult Clinics

Programs	Days & Times	Dates	Cost
Morning Explosion (Intermediate Class)	Tuesday 10:00 am - 11:30 am	Mar. 22nd - May 14 th (8 weeks)	Members: \$200 Non-Members: \$240
Evening Explosion (Beginner to Beginning - Intermediate)	Tuesday and Thursday 6:00 pm - 7:30 pm	Mar. 22nd - May 14 th (8 weeks)	Members: 1 day/wk: \$200 2 day/wk: \$350 Non-Members: 1 day/wk: \$240 2 day/wk: \$420
Cardio Tennis (Minimum 4 people for class to be held on each day)	Monday and Wednesday 6:00 pm - 7:00 pm	Mar. 22nd - May 14 th (8 weeks)	Members: 1 day/wk: \$120 2 day/wk: \$240 Non-Members: 1 day/wk: \$240 2 day/wk: \$320

Junior Clinics

Programs	Days & Times	Dates	Cost
World Class	Mondays and Wednesdays 3:30-5:00 pm	Mar. 22nd - May 14 th (8 weeks)	\$480
Junior Aces	Monday and Wednesday 5:00 - 6:00 pm	Mar. 22nd - May 14 th (8 weeks)	\$384
Junior Netters	Tuesday and Thursday 4:00 - 5:00 pm	Mar. 22nd - May 14 th (8 weeks)	\$240
Wimpletons	Tuesday and Thursday 5:00 - 5:45 pm	Mar. 22nd - May 14 th (8 weeks)	\$200

Flower Valley 2010 Spring Tennis Registration

Program: _____
Name: _____ Date: _____
Birth Date: _____ Age: _____
Parent's Name: _____

Address:

City, State, Zip: _____
Home Phone: () _____ Work Phone: () _____
Cell Phone: () _____ E-mail: _____

Make Checks Payable to: Kristoffer Barnes

Mail to:
Attention: Kristoffer Barnes
19009 Queens Cross Lane
Germantown, MD 20876