

Summer Recreational Tennis Program

A: For Kids Ages 4-5—Wednesdays—July 8, 15, 22 & 29 * 9:00 am * Cost \$35:

USTA *Quick Start* program: 45 minute class for up to eight children with two instructors. The emphasis of this class is fun and movement with a racquet and ball. Agility, balance and coordination games will be introduced.

B: For Kids Ages 6-8 —Wednesdays—July 8, 15, 22 & 29 * 10:00 am * Cost \$35:

USTA *Quick Start* program: 45 minute class for up to eight children with two instructors. The emphasis of this class is fun and movement with a racquet and ball. Class will include circuit activities, games and an introduction to basic tennis skills and rules.

C: For Kids Ages 9-12 —Wednesdays—July 8, 15, 22 & 29 * 11:00 am * Cost \$40:

USTA *Quick Start* program: 60 minute class for up to eight children with two instructors. In a fun environment children will be introduced to basic tennis skills and games. Short games with scoring will be incorporated.

D: For Beginner Teenagers and Adults —Wednesdays—July 8, 15, 22 & 29 7:00 pm * Cost \$40:

Cardio Tennis! 60 minute class for up to 16 participants. The emphasis will be on a fun workout with a tennis twist. Utilizing two courts, teens and adults will participate in a circuit workout with an introduction to basic tennis skills. *We will organize a round robin group for after class if there is interest.*

Participants should have a tennis racquet, court sneakers and water. Everyone should meet at the Town Courts, next to Taft School, 5 minutes before your scheduled time.

USTA (United States Tennis Association) recommended racquet sizes for children:

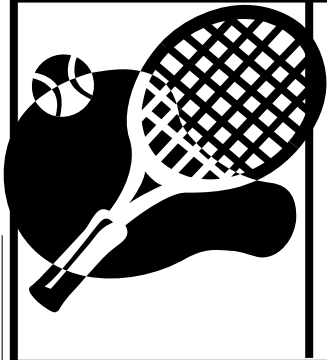
Ages 4-5: 19" or 21" racquet
Ages 6-8: 19" 21" or 23" racquet
racquet

Ages 9-10: 23" or 25" racquet
Ages 11-14: 26" or 27" (full size)



Children should use age & size appropriate racquets to avoid injury.

Instructors: Mary Jo Murray and Kim Donahue. Both instructors are USTA trained.



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Name: _____ Age: _____ Program (circle): **A B C D**

Address: _____

Parent/Guardian Name: _____

Parent Cell #: _____ Work #: _____

Email: _____

Any Medical Issues or other Considerations (food allergies, asthma, ADHD, etc.)?:

Emergency Contact Name:

Emergency Contact Number:

Please make checks payable to *Uxbridge Community Schools* and mail to:

After Hours Program
Uxbridge High School
62 Capron Street
Uxbridge, MA 01569
Attention: Karin Knapik

Registration Due June, 16th

**In the case of inclement weather, students will be notified and the class will be rescheduled for
Wednesday, August 5th.**

Questions? Please contact Karin Knapik @ knapik@uxbridge.k12.ma.us or at 508.278.0553

This program is contingent on enrollment. A decision will be made no later than June, 30, 2009