

## Class Schedule 2016-2017

### September 12 - June 18

There will be no classes: Nov 22-Nov 27 (Tues-Sun),  
Dec 19-Jan 1 (Mon-Sun), April 10-16 (Mon-Sun)  
and May 29 (Monday).

### Junior Program Policies

Fairfax Racquet Club's Junior Program consists of 36 weeks of professional tennis instruction beginning in September and ending in June. We offer open enrollment for new students with prorated tuition from the time of enrollment.

Early enrollment and multiple class discounts are available. See applications for details.

If tuition is not paid in full at the time of registration, it will be billed to the student's club account in installments. *Your credit card will not be charged automatically.*

The initial installment will be collected at the time of registration. The remaining balance will be billed in three installments, due October 31<sup>st</sup>, December 31<sup>st</sup> and February 28<sup>th</sup>. If the student is enrolled for less than 36 weeks, the tuition will be prorated. *All balances which are 30 days past due are subject to a 1.5% monthly service fee. The annual rate is 18%.*

New students may try out FRC's Junior Program with no obligation. If the child subsequently enrolls in a class, the tuition is prorated to include the tryout date.

Enrolled students are permitted to make up missed classes in other days at the level currently enrolled\*. Make up classes do not expire until June 18<sup>th</sup> or when the student is no longer enrolled in the program. *We do not offer refunds for missed tennis classes. \*Early cancellation will result in forfeiture of any remaining make-up classes.*

Please note that students are supervised only while on court during class and are not supervised off court, before or after their class.

*Fairfax Racquet Club retains the right to assign, shift, postpone or cancel classes as necessary.*

If you have questions or wish to enroll by phone, please contact Member Services at 703-273-9276 or [memberservices@fairfaxracquetclub.com](mailto:memberservices@fairfaxracquetclub.com)



## Class Information

FRC's Junior Program offers comprehensive tennis instruction for every age group from a player's first strokes to championship level. Players graduate to a higher level based on their progress, ability and commitment.

**QUICKSTART / QUICKSTART RALLY** (1.5 hour classes, \$1260 or \$1188 if enrolled by July 31<sup>st</sup> and 1 hour classes are \$840 or \$792 if enrolled by July 31<sup>st</sup>)

The Quickstart and Quickstart Rally classes are specially designed for tennis players ages 8 and Under. Using low compression balls and smaller courts, the classes emphasize building not just tennis skills, but general athletic skills such as balance, coordination, and agility. Children will learn how to play and compete while having fun. In the Quickstart Rally classes, more advanced tennis concepts are introduced and live ball hitting is a major component.

**SKILLS** (1.5 hour classes, \$1260 or \$1188 if enrolled by July 31<sup>st</sup> and 1 hour classes are \$840 or \$792 if enrolled by July 31<sup>st</sup>)

The Skills program aims to develop good fundamentals in stroke mechanics. Students will work on proper grips, swings, footwork and positioning. In addition to basic tennis technique, a live ball and gameplay component will be critical. Classes will also spend time developing general athletic abilities.

### ADVANCED SKILLS

(1.5 hour classes, \$1260 or \$1188 if enrolled by July 31<sup>st</sup>)

Building upon the foundations learned in the Skills classes, the Advanced Skills classes emphasize improved consistency and quality of mechanics on groundstrokes, volleys, serves, good positioning and movement skills.

### COMPETITIVE DEVELOPMENT

(1.5 hour classes, \$1260 or \$1188 if enrolled by July 31<sup>st</sup>)

Competitive Development classes will continue to build upon good techniques and stroke mechanics while focusing on improving strategy and developing the mental side of the game. Situational drills will allow juniors to apply good hitting skills to develop into good players. Students are encouraged to participate in outside competition including USTA Junior Team Tennis, High School and tournament play.

### TOURNAMENT PREP

(1.5 hour classes, \$1260 or \$1188 if enrolled by July 31<sup>st</sup>)

The Tournament Prep curriculum emphasizes competition. Players will continue to improve technical skills, while a majority of class time will be spent working on strategies and tactics for both singles and doubles, instructors will stress the development and recognition of offensive and defensive situational play. Students should be involved in Junior Team Tennis, High School and USTA tournament play.

**CHALLENGER** (\$1332 or \$1260 if enrolled by July 31<sup>st</sup> (10 U) or \$1746 or \$1674 if enrolled by July 31<sup>st</sup> (10-14 & 14-18))

Approval is required to participate in Challenger classes and players should be participating in USTA tournament play. The goal of the Challenger class is to develop advanced match-play skills and strategies. Instructors will also spend time focusing on individual strengths and weaknesses to help each player reach their maximum potential. Participation in the fitness program is required and included in the tuition for this class *except for 10U*.

**CHAMPIONSHIP** (\$1746 or \$1674 if enrolled by July 31<sup>st</sup>)

Approval is required to participate in Championship classes and is reserved for USTA ranked competitive tournament players. Classes will be a combination of focused technical work, advanced strategies and tactics, and individualized player development. Coaches will also stress the importance of mental toughness and good off-court habits for players seeking to continue to compete at higher levels. Participation in the fitness program is required and included in the tuition for this class.

*\*High School players intending to leave our program to play for their school teams are required to notify the Administrator of the Jr Program of early cancellation. We will gladly prorate tuition from the time of notification.*

### JUNIOR FITNESS CLASS

FRC's Junior Tennis Fitness strives to develop the complete athlete. With a focus on agility, stamina and strength, as well as the precision of skillful and efficient movements. We build not just a more conditioned tennis player, but a well-rounded athlete, better able to perform at increasingly higher physical levels of competition. Each class runs one hour and will consist of agility and endurance training, strength development, flexibility training specific to tennis-related injury prevention.