



Weekly Summer Camp Schedule 2019

8 weeks | June 25th-August 15th* (ATFC membership not required)

Tuesdays & Thursdays Per week registration, members \$30 & non-members \$35

Little Aces (ages 5-7) Red Ball

9:00am to 10:00am

- Intro to fundamentals of tennis
- Played on small court using smaller balls
- Rally skills and intro to scoring
- Games and fun!!

Little Challengers (ages 9-10) Orange Ball

10:00am to 11:00am

- Full sized courts
- Footwork and movement technique
- Deeper technique driven teaching
- Modified match play with orange ball

Beginner (ages 11-18)

1:00pm to 2:00pm

- Must be a minimum of 12 years old
- Regular tennis balls
- Emphasis on stroke development & strategy
- Prepares kids for intermediate tournament play

Intermediate (ages 11-18)

2:00pm to 3:00pm

- Must be able to rally and keep score
- Possesses some skill and technique in every stroke
- Interest in playing Intermediate Tournaments
- HS Varsity tennis players encouraged

Tuesdays, Wednesdays & Thursdays

Per week registration, members \$60 & non-members \$65

High Performance Program - Advanced (under 18)

3:00pm to 4:30pm

- (Pro Approval) Intermediate to Advanced Level tournament player and ranked players who want to play college tennis.
- Need to be taking private lessons

* Life Coaching Tools Through Tennis will replace Beginner, Intermediate and Advanced classes on 8/6 and 8/8.

Tuesday & Thursday, August 6 & 8 Members \$30 & non-members \$35

Life Coaching Tools Through Tennis (ages 14-18)

1-2pm (Beginner level) | 2-3pm (Intermediate level) | 3-4:30pm (High Performance level)

Created and led by: Jared Rojo-Meyer, ATFC Director of Tennis/Certified Martha Beck Coach and Amy Pierson, former Division 1 College Player/Certified Martha Beck Master Coach. Participants will learn powerful tools designed to identify and dissolve limiting thoughts and beliefs that can prevent them from playing their best tennis. We will explore the significance of the mind/body connection in tennis through group exercises and drills. ATFC is proud to be the first to offer such an innovative and modern approach that addresses the player as a whole.

Summer Private Lessons

Can be set up individually with any ATFC Professional.

Call 541-482-4073.

Call 541-482-4073 or email frontdesk.atfc@mind.net to sign up!