



Our Junior Sessions

Birchwood Tennis & Fitness Club offers seven different junior clinics during 2010 / 2011 Season

Session 1 - September 10, 2010 to October 24, 2010

Session 2 - October 29, 2010 to December 19, 2010 (off November 21st thru 27th)

Session 3 - January 7, 2011 to February 20, 2011

Session 4 - February 25, 2011 to April 17, 2011 (off April 22nd thru April 28th)

Session 5 - April 22, 2011 to June 5, 2011

Our Junior Clinics

FUTURE STARS

For ages 4 – 7, players will learn tennis fundamentals, basic strokes and rules, and in addition, will enjoy games and have great fun.

\$119 per session for members; \$140 per session for non-members.

Tuesday, 4:00 to 5:00 pm

Friday, 3:30 to 4:30 pm

Friday, 4:30 to 5:30 pm

CHAMPIONS

For ages 7 – 9, beginners and graduates of Future Stars will learn and practice basic strokes, and receive a more in-depth interpretation of the rules of tennis and an introduction to scoring.

Again, they'll enjoy lots of fun and games!

\$179 per session for members; \$210 per session for non-members

Thursday, 4:00 to 5:30 pm

Friday, 5:30 to 7:00 pm

Saturday, 9:30 to 11:00 am

TIEBREAKERS*

For ages 12 and under, players will learn to grasp the game of tennis, piecing together all the components of strokes, timing, rules and scoring. Players will be taught the skills necessary to advance their game to the next level.

\$179 per session for members; \$210 per session for non-members

Wednesday, 4:00 to 5:30 pm

Saturday, 11:00 to 12:30 pm

DAVIS CUP*

For ages 14 and under, players will take a first look at match play, during which they will begin to learn about competitive tennis and tournaments.

\$179 per session for members; \$210 for non-members

Wednesday, 4:00 to 5:30 pm

Saturday, 12:30 to 2:00 pm

MASTERS*

For ages 18 and under, these players will continue to work on technical stroke development, along with a greater focus on the strategy and tactics involved in competitive play.

\$179 per session for members; \$210 for non-members

Wednesday, 4:00 to 5:30 pm

Saturday, 2:00 to 3:30 pm



Our Junior Leagues

Birchwood Tennis & Fitness Club's junior leagues have been a great success in the past, and we look forward to their continued growth!

Juniors who participate in our leagues will have a unique advantage. Players will learn competitive skills they cannot learn outside of real match play. They'll learn responsibility, finesse and the competitive edge to take them to the next level. One of the main reasons our leagues are so much fun is that players take the skills they learn in private lessons and clinics, and put them to use in actual matches against their peers. Our leagues run concurrently with our junior clinics described in this pamphlet. Please do not hesitate to ask which league is right for you, as they fill up fast!

Excellence

The **Excellence I*** program is for the High School team participant or for players preparing to try out for their respective team.

Excellence I will practice Wednesday, 6:00 to 8:00 pm, and Saturday, 12:00 to 2:00 pm.

\$36 per two hour session for members; \$40 for non-members.

Excellence II* is designed for the grade school tournament player.

Excellence II will practice Wednesday, 4:00 to 6:00 pm, and Saturday, 10:00 to noon.

\$36 per two hour session for members; \$40 for non-members.

Top Gun

Silver*

This group is by invitation only. It will consist of high level high school players. Workouts will include match play, competitive live ball point simulation and on court drilling. This group will meet on Saturdays, 2:00 to 4:00 pm / \$36 per two hour session for members; \$40 for non-members.

Gold*

The Gold group is also by invitation only. The level of players in this group are 4.5 or above adults, college players or juniors preparing for college level tennis. Sessions will include match play, competitive drilling and point simulations. Practice will be on Saturdays, 4:00 to 6:00 pm \$36 per two hour session for members; \$40 for non-members.

**** THESE PROGRAMS WILL HAVE A PLAYING COMPONENT. THE RESULTS WILL BE USED TO FORM A JUNIOR LADDER. MATCHES WILL ALSO DEVELOP COMPETITIVE SKILLS AND TACTICS NESSECCARY FOR PLAYERS' ADVANCMET.***



ADULT TENNIS CLINICS

Birchwood Tennis & Fitness Club offers a variety of **adult tennis clinics, lessons and leagues** suitable for all level players - **beginner, intermediate and advanced players**. Our adult tennis programs are appropriate for individuals interested in recreational or competitive play.

Adult clinic sessions are posted on the Adult Tennis Calendar on our web site at www.birchwoodtennis.com.

Adult clinics run on the following dates & times:

Monday	9:30 to 11:00 AM	Stroke of the Week *
Tuesday	9:30 to 10:30 AM	Cardio Tennis all abilities **
Wednesday	6:30 to 8:00 PM	Cardio Tennis all abilities **
Wednesday	7:00 to 8:30 PM	Beginner to Advanced Beginner Clinic *
Thursday	1:00 to 2:30 PM	3.5 & up Men & Women - Play with the Pros ***
Friday	9:30 to 10:30 AM	Cardio Tennis all abilities **
Sunday	10:00 to Noon	Open Play with brunch served****

* - \$ 24.00 per member & \$29.00 per nonmember

** - \$18.00 per member & \$23.00 per nonmember

*** - \$14.00 per member (members only)

**** - \$20.00 per member & \$25.00 per nonmember

Call the Club at 570.586.4030 or stop in to register for an adult tennis clinic.



TENNIS LESSONS

Birchwood Tennis & Fitness Club offers both members and non-members several **instructional tennis options** that focus on stroke, tactics and positioning to facilitate improvement for each ability level. Instruction is given and supervised by Birchwood's staff of tennis professionals.

Lessons are offered to juniors and adults through **private sessions**, **semi-private sessions** and **group clinics**. In addition, there are several instructional programs available on a one-time or series basis. These programs are posted on our online Junior Events Calendar and Adult Events Calendar at www.birchwoodtennis.com, and also available within the Club's tennis and fitness centers. Tennis lessons may be arranged through the receptionist within Birchwood's tennis center or by calling the Club at 570.586.4030.

Rates for instruction from a **USPTA/USPTR certified professional**:

Type	Member Rate	Non-Member Rate
Private	\$35.00 / 30 min.	\$37.50 / 30 min.
	\$60.00 / 60 min.	\$65.00 / 60 min.
Semi-Private	\$19.00 per person / 30 min.	\$20.00 per person / 30 min.
	\$35.00 per person / 60 min.	\$37.50 per person / 60 min.
	\$26.50 per person per hour / 3 or more	\$28.50 per person per hour / 3 or more