



# FOX CITIES RACQUET CLUB



920.739.0221 ♦ 2915 N. Victory Ln, Appleton WI 54913 ♦ www.foxcitiesracquetclub.com

## Summer Session – Juniors

June 10, 2019 – August 17, 2019

10 week session (Thursday and Saturday 9 weeks\*)

*\*No class Thursday, July 4<sup>th</sup> or Saturday, July 6<sup>th</sup> (Independence Day weekend)*

### 10 & Under Tennis

#### **Pee Wee 3 & 4 yrs**

Players work on body management, movement, and eye/hand coordination along with listening skills and following directions. The focus is on fun!

<b>Tuesdays</b>	<b>3:30 – 4:00pm</b>	<b>Member: \$75.00 / IM: \$100.00</b>
<b>Thursdays*</b>	<b>8:30 – 9:00am</b>	<b>Member: \$67.50 / IM: \$90.00</b>
<b>Saturdays*</b>	<b>8:30 – 9:00am</b>	<b>Member: \$67.50 / IM: \$90.00</b>

#### **Red Ball**

Players learn proper grips, preparation, and swing-path for the forehand, backhand, and volley. They are taught the drop-hit serve and develop movement skills with balance.

<b>Tuesdays</b>	<b>4:00 – 5:00pm</b>	<b>Member: \$150.00 / IM: \$200.00</b>
<b>Thursdays*</b>	<b>9:00 – 10:00am</b>	<b>Member: \$135.00 / IM: \$180.00</b>
<b>Saturdays*</b>	<b>9:00 – 10:00am</b>	<b>Member: \$135.00 / IM: \$180.00</b>

#### **Orange Ball**

Players work on proper stroke technique on groundstrokes and volleys adding directional control. They start to rally, learn to serve and return, and begin to play points. They are introduced to scoring and the rules of play.

<b>Tuesdays</b>	<b>4:00 – 5:00pm</b>	<b>Member: \$150.00 / IM: \$200.00</b>
<b>Thursdays*</b>	<b>9:00 – 10:00am</b>	<b>Member: \$135.00 / IM: \$180.00</b>
<b>Saturdays*</b>	<b>10:00 – 11:00am</b>	<b>Member: \$135.00 / IM: \$180.00</b>

#### **Green Dot**

Players add spin and pace to their strokes. They can serve, return, and sustain a rally. They review scoring and the rules to be ready for match-play.

<b>Tuesdays</b>	<b>4:00 – 5:00pm</b>	<b>Member: \$150.00 / IM: \$200.00</b>
<b>Thursdays*</b>	<b>9:00 – 10:00am</b>	<b>Member: \$135.00 / IM: \$180.00</b>

### Middle School (ages 11-13)

#### **Level 1**

Players with little or no tennis experience. They learn proper grips, preparation, and swing path for groundstrokes along with the volley and serve. They learn to score and the rules of play.

<b>Mondays</b>	<b>12:00 – 1:00pm</b>	<b>Member: \$150.00 / IM: \$200.00</b>
<b>Wednesdays</b>	<b>12:00 – 1:00pm</b>	<b>Member: \$150.00 / IM: \$200.00</b>
<b>Saturdays*</b>	<b>11:00am – 12:00pm</b>	<b>Member: \$135.00 / IM: \$180.00</b>

#### **Level 2**

Players improve technique and add directional control, spin, and pace. They add the drop shot, lob, overhead, and drive volley. They learn court position along with tactics and strategy for singles and doubles.

<b>Mondays</b>	<b>1:00 – 2:30pm</b>	<b>Member: \$225.00 / IM: \$275.00</b>
<b>Wednesdays</b>	<b>1:00 – 2:30pm</b>	<b>Member: \$225.00 / IM: \$275.00</b>
<b>Saturdays*</b>	<b>12:00 – 1:30pm</b>	<b>Member: \$202.50 / IM: \$247.50</b>

## High School (ages 14-18)

### **Developmental/High School Prep**

*Players with little or no tennis experience. They learn proper grips, preparation, and swing path for groundstrokes along with the volley and serve. They learn to score and the rules of play.*

**Mondays 11:00am – 12:00pm Member: \$150.00 / IM: \$200.00**

### **Junior Varsity**

*Typically high school JV players who are improving their technique, developing consistency and spin. They are taught the drop shot, lob, overhead, and drive volley. They learn court position and tactics for singles and doubles.*

**Thursdays\* 2:00 – 3:30pm Member: \$202.50 / IM: \$247.50**

### **Varsity**

*Varsity players who improve performance by fine-tuning their skills. Along with consistency and spin, they add pace and depth. They learn shot selection, point construction, and mental toughness skills. They compete locally.*

**Tuesdays 1:00 – 2:30pm Member: \$225.00 / IM: \$275.00**

## FCRC Competitive Training Programs (by invitation)

*Players who are selected for these groups are high level players who are preparing for tournaments by developing all aspects of their game: stroke skills, quickness, stamina, strength, speed, tactics, strategy, and mental toughness. They compete in USTA tournaments and have goals to be ranked at the state, sectional, and national levels.*

**14 & under Mondays 4:00 – 5:30pm Member: \$225.00 / IM: \$275.00**

**18 & under Thursdays\* 3:30 – 5:00pm Member: \$202.50 / IM: \$247.50**

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## High School Girls Preseason Camp

August 2-4, 9am-12pm (Friday-Sunday)  
\$60/day, \$180/full camp (\$65/\$195 for IM)  
*Camp includes light snacks and drinks*

## Finish Strong Camp (Ages 5-13)

August 19-23, 9am-12pm (Monday-Friday)  
\$60/day or \$250/week (\$65/\$275 for IM)  
*Camp includes light snacks and drinks*

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### GROUP LESSON POLICIES

- Players must register for the entire session.
- **EXCEPTION for SUMMER ONLY:** We will pro-rate fees for planned absences if we are informed before the start of the session. This is only for the Summer Session.
- Late sign-ups will be prorated, assuming room is available to join.
- **Refunds/credits will not be given for missed lessons.**
- Make-ups are allowed for missed lessons if room is available. Please talk to your instructor.
- Make-ups must be completed within the same session.
- “IM” stands for Instructional Member or Non-Member. Often it is less expensive to take out a membership than to pay the additional cost. Please ask at the front desk for more details.
- Each class must have a minimum of four students. (three for Pee Wee classes)
- **Final group placement/advancement is at the discretion of the teaching staff. Decisions are based on many factors such as aptitude, ability, attitude, and attendance.**