



**ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES**  
**2019 SPRING 8-WEEK Youth Tennis Program**  
**BEGINS Monday, March 11, 2019**

Beginners I, II and III (Guidelines) Player has little or no experience. Beginner I is for very young players, Beginner II is for slightly older beginners. Beginners III is for beginners that are 12 or older.

Advanced Beginner (Guidelines) Player must be able to hit 10 balls in a row against backboard from 20 feet away (forehand & backhand), rally with partner from the baseline 10 balls in a row each, serve 5 of 10 balls into appropriate service box, know how to keep score, and play a complete tennis match.

Intermediate (Guidelines) Player must be able to hit 20 balls in a row against backboard from 20 feet away (forehand and backhand), rally from baseline with partner 30 balls in a row, serve 6 of 10 serves to each service box, and must have played at least 5 complete tennis matches. Player must exhibit proper stroke mechanics and grips for all shots and must know the rules of tennis.

Tournament Training (Guidelines) Player must be able to maintain a baseline rally of 40 balls, properly execute volleys and overhands, and be able to execute flat, slice and kick serves. Players should also be training for high school or tournament competition.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3:30-4:30	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER II Ages 7-11
4:30-5:30	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11
5:30-6:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+

- MINIMUM OF 3 STUDENTS PER CLASS required

**Jim Labinsky**  
**Director of Tennis**  
**Forest Lakes**  
**434.249.6420 (cell)**  
**Zentennis929@gmail.com**

# PROGRAM REGISTRATION

## ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES 2019 SPRING 8-WEEK Youth Tennis Program

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>	<u>WEEK 5</u>	<u>WEEK 6</u>	<u>WEEK 7</u>	<u>WEEK 8</u>	<u>WEEK 9</u> <small>(free week)</small>	<u>WEEK 10</u> <small>(if necessary)</small>
3/11-3/15	3/18-3/22	3/25-3/29	4/1-4/5	4/8-4/12	4/15-4/19	4/22-4/26	4/29-5/3	5/6-5/10#	5/13-5/17#

#Make up weeks, if necessary, are 5/6-5/10, 5/13-5/17, and 5/20-5/24.  
PLEASE  BOXES FOR WEEKS WHICH YOU ARE REGISTERING

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS: \_\_\_\_\_ 4 WKS. 8\* WKS.  
M T W Th F

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS \_\_\_\_\_ 4 WKS. 8\* WKS.  
M T W Th F

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS \_\_\_\_\_ 4 WKS. 8\* WKS.  
M T W Th F

PARENT NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

*Reserve your place in this fall's tennis program in person, or with an email to Coach Jim at [zentennis929@gmail.com](mailto:zentennis929@gmail.com).*

PLEASE RETURN THIS FORM W/ CHECK PAYABLE TO: **FOREST LAKES TENNIS**

### PRICES

#### BEGINNER AND ADV. BEG.

1 DAY PER WEEK	4 WEEKS	\$75
	8* WEEKS	\$135
2 DAYS PER WEEK	4 WEEKS	\$140
	8* WEEKS	\$210
3 DAYS PER WEEK	4 WEEKS	\$165
	8* WEEKS	\$300

#### INTERMEDIATE AND TOURNAMENT

1 DAY PER WEEK		
	4 WEEKS	\$105
	8* WEEKS	\$200
2 DAYS PER WEEK		
	4 WEEKS	\$180
	8* WEEKS	\$300

\* = 9 weeks for the price of 8 (one week free)