

# 2023 – 2024 Fall/Winter Junior Tennis Programs

September 5, 2023 to February 4, 2024 • 20-Week Sessions



## 8 & UNDER

### RED BALL (Ages 4 – 7 yrs.)

Students will be using red dot low compression balls while focusing on hand eye coordination, footwork, stroke mechanics, and balance. they will be using mini nets for dynamic drills preparing players for the next level.

- Saturdays: 10:00am – 11:00am
- Sundays: 10:00am – 11:00am

## 11 & OLDER: GREEN BALL

### GREEN BALL (Ages 11+ yrs.)

Students will be using green dot low compression balls. Drills will be preparing them to use traditional yellow balls. Players will be engaging in more advanced drills and competitive rallying.

- Mondays: 4:00pm – 5:00pm
- Wednesdays: 4:00pm – 5:00pm
- Fridays: 4:00pm – 5:00pm
- Saturdays: 12:00pm – 1:00pm
- Sundays: 12:00pm – 1:00pm

## 10 & UNDER

### ORANGE OR GREEN BALL (Ages 7 – 10 yrs.)

Students will be using either orange dot low compression balls on a 60' court or green dot low compression balls on a full size court. the main points of emphasis will be technique and footwork, with an introduction to rallying and point play.

- Mondays: 4:00pm – 5:00pm
- Wednesdays: 4:00pm – 5:00pm
- Fridays: 4:00pm – 5:00pm
- Saturdays: 11:00am – 12:00pm
- Sundays: 11:00am – 12:00pm

## 11 & OLDER: YELLOW BALL

### YELLOW BALL (Ages 11+ yrs.)

Students will be using yellow balls to continue to develop their tennis game. the class consists of complex fed drills, competitive "live ball" drills, continued physical conditioning and increased focus on tennis strategy during competitive play.

- Mondays: 4:00pm – 5:00pm
- Wednesdays: 4:00pm – 5:00pm
- Fridays: 4:00pm – 5:00pm
- Saturdays: 12:00pm – 1:00pm
- Sundays: 12:00pm – 1:00pm

Please select class group and sign up by using the form on the reverse side.  
All classes are 20-week sessions. Each class: Member \$550 Non-Member \$660

### PROGRAM DETAILS

Start of Session – September 5, 2023 | End of Session – February 4, 2024 | NO CLASSES: Nov 23 – 24, 2023 & Dec 24 – Jan 1, 2024.  
MAKE UP & CREDIT POLICY: Make up classes may be scheduled on a space available basis for missed classes, with a limit of 3 make up classes per student. You must email Carol to schedule a make up class. A credit may be issued due to a medical condition (letter from Doctor). NO REFUNDS WILL BE ISSUED ONCE THE CLASS HAS BEGUN.

**ONELIFE FITNESS – SKYLINE**

5115 LEESBURG PIKE, FALLS CHURCH, VA 22041

QUESTIONS? Email [cdeocampo@onelifefitness.com](mailto:cdeocampo@onelifefitness.com)

# 2023 – 2024 Fall/Winter Junior Tennis Programs Registration

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Player's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Member?  Yes  No If yes, Member# \_\_\_\_\_

Total Fee \$ \_\_\_\_\_

## Payment Form:

AMEX  MC  VISA  Discover  Card On File  Check (Payable to U.S. Fitness) Total Charges \$ \_\_\_\_\_

Name on CC \_\_\_\_\_ CC # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Zip Code \_\_\_\_\_ Signature/Date \_\_\_\_\_

I give Sport&Health permission to charge the credit card or club account provided by me.

## MEDICAL INFORMATION

Please list any limitations, injuries, medical conditions or health factors which may inhibit or limit player's activity:

\_\_\_\_\_

Allergies \_\_\_\_\_

Player's Physician \_\_\_\_\_

Physician's Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy# \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

### MEDICAL AUTHORIZATION

*When I or the emergency contact cannot be reached, I give my consent and permission for the named doctors to provide medical attention to my child. In the event that the doctors listed cannot be contacted or in the event of an emergency I give any licensed physician, dentist, hospital or health care provider consent to perform emergency medical treatment at my expense as deemed necessary for the well-being of my child. This may include transportation to the nearest emergency room.*

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

### PASS ACADEMY OF VA LLC

Student Name \_\_\_\_\_

It is understood that the student is in overall good physical health. In the event that there is a physical condition that may limit or restrict participation in certain activities, a physicians note must be presented.

### RELEASE

In consideration of the tennis training, I agree to hold Pass Academy of Va LLC harmless for injury or loss that may occur as of result of my participation in this activity provide by Pass Academy of Va LLC.

\_\_\_\_\_  
Signature (to be signed by student or if a child by student's parent)

## RELEASE AND INDEMNITY

**RELEASE:** Participant understands that engaging in programs and physical activities offered at the Onelife Fitness – Skyline Club premises involves certain risks, including, without limitation, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints, or muscles. Participant confirms that he/she is voluntarily participating in such programs and activities, including tennis programs, with knowledge of the dangers involved. In consideration of making the facilities and/or such programs and activities available, Participant hereby for and on behalf of Participant and Participant's heirs and legal representatives does hereby release and forever discharge USF S&H Virginia, LLC and its principals, contractors, affiliates, employees, equity holders, directors, managers, members, officers, agents, representatives, guests and invitees from any and all claims and demands of every kind, nature and character which Participant may have or hereafter acquire for any and all damages, injuries or losses which may be suffered or sustained by Participant in connection with any such program or activity.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please print your name \_\_\_\_\_ (You must be 18 years of age or older to sign this form)

### CHECK IF APPLICABLE:

I am signing this Agreement not only for myself, but also on behalf of the following minor children for whom I am parent, legal guardian, custodian or otherwise legally responsible.

Please print name(s) of all minor children in your care visiting Onelife Fitness – Skyline \_\_\_\_\_