

# BAC Junior Tennis Program

The Bainbridge Athletic Club Junior Tennis Program develops young players who can enjoy the game for a lifetime. Players in each level improve skills through various methods from fun games to challenging drills.



Classes have various times and days. Review the information in this brochure, stop by the Club, call the Front Desk or visit our website at [www.bainbridgeathleticclub.com](http://www.bainbridgeathleticclub.com)

## Bainbridge Athletic Club Waiver & Indemnity Agreement:

The parent or guardian by signing below does hereby agree to indemnify and hold harmless Bainbridge Athletic Club and its representatives from any liability which they may incur to the participants, howsoever arising and/or either caused by the negligent acts of BAC and representatives. I have read and understand the foregoing release and indemnity agreement.

\_\_\_\_\_  
Signature

Please note our cancellation policy:

- ◆ All Jr. Clinics are charged/billed at time of sign up.
- ◆ 3 days notice is required for full refund.
- ◆ Make up days cannot be guaranteed and will be allowed on a space available basis, during the current Jr. Clinic session only.

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Clinic: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



# Winter/Spring Junior Tennis Program



**11700 NE Meadowmeer Circle**

**Bainbridge Island WA 98110**

**206-842-5661**

**[www.bainbridgeathleticclub.com](http://www.bainbridgeathleticclub.com)**

# Class Descriptions

## Mighty Mites: Ages 4-6

We teach your young one the “fun”amentals of tennis. There will be lots of drills and games to develop hand-eye coordination and overall athleticism on the court while introducing the basic swings the child will use throughout their tennis career. USTA Quickstart drills and equipment are used to promote immediate success for the youngest of players.

## Rookies: Ages 6-9

This class is geared towards 6 year olds with some sports experience or for the 7-9 year olds just picking up a racquet for the first time. All of the basic strokes and footwork will be covered with the ultimate goal of introducing how to rally and play. Special tennis-specific equipment will be used to support early success in an upbeat and fun environment.

## Intermediates: Ages 8-12

For kids who have mastered the Rookies program or who are 10+ years old and new to the game. This class places more importance on rally-based drills, all while using the proper technique and footwork. Point play and scoring games are used to foster a competitive spirit. Tennis specific strategies are introduced to get your young player to begin thinking like a pro.

## Challenger:

Challenger level players have successfully mastered the skills and strategies introduced in the Intermediate program. They are able to rally and play matches with limited supervision and should start entering USTA Rookie level tournaments to encourage competitive growth. More advanced techniques, including spins, placement and power on all shots, will be introduced. In this class, all students should be able to have sustained rallies with a pro as well as other players at this level.

## Junior Academy:

These players have graduated from the Challenger level and have a coach’s permission to join the Junior Academy. They should be proficient in all strokes, be able to play matches and keep score and have begun mastering spins and power on most shots. These players are competing regularly in USTA Rookies tournaments, Junior Team Tennis leagues and striving to compete in Challenger level tournaments. Junior Academy players should begin to develop a tennis identity, a style of play specific to their strengths that gives them the best chance for success.

## Junior Elite Academy:

For serious players with serious goals of continuing their tennis career on a High School varsity team and possibly beyond. Tournaments and competition should be the norm for these players. They should be able to hit most shots with accuracy, spin and power and are developing a “Weapon” as well as a “Plan-B”. This class will feature more off-court strategies: Conditioning, Mental Toughness, Pre-match Preparations, et cetera.

## Elite Academy:

By Pro approval only. This class is designed for High School varsity level players dedicated to achieving their goals. Weather that is improving their USTA ranking, playing college tennis and more, this class will be high-intensity and require high levels of focus.

# Registration

- Session I January 8-February 16 (6wks)
- Session II February 26-April 19 (7wks)\*
- Session III April 22-June 7 (7wks)
- \*Session II Sun February 26-April 16 (6wks) No class April 1-8



## Mighty Mites

Ages 4-6

Sun 1:30-2:15 pm

Session I	\$72
Session II	\$72
Session III	\$84

## Rookies

Ages 6-9

Sun 2:15-3 pm\*  
Tue 4:15-5 pm  
Thu 4:15-5 pm

Session I	\$72
Session II	\$84
*Session II Sun	\$72
Session III	\$84

## Intermediate

Ages 8-12

Sun 3-3:45 pm\*  
Tue 5:15-6 pm  
Thu 5:15-6 pm

Session I	\$72
Session II	\$84
*Session II Sun	\$72
Session III	\$84

## Elite Academy

By Invite Only

Tue 8:30-10 pm  
Thu 8:30-10 pm

Sessions I  
\$185 Tennis Members  
\$250 Non-members  
Includes 2 days/week

Drop In Rates:  
\$20 Tennis Members  
\$25 Non-members

Sessions II & III TBA

206-842-5661

## Challenger

Sun 3:45-4:45 pm\*  
Tue 3:30-4:30 pm  
Thu 3:30-4:30pm

Session I	\$90
Session II	\$105
*Session II Sun	\$90
Session III	\$105

**BAC Tennis Members  
Receive a 20% Discount**

## Junior Academy

Sun 4:45-6 pm\*  
Mon 3:30-4:45 pm  
Wed 3:30-4:45 pm

Session I	\$115
Session II	\$135
*Session II Sun	\$115
Session III	\$135

**BAC Tennis Members  
Receive a 20% Discount**

## Jr. Elite Academy

Sun 4:45-6 pm\*  
Mon 4:45-6 pm  
Wed 4:45-6 pm

Session I	\$115
Session II	\$135
*Session II Sun	\$115
Session III	\$135

**BAC Tennis Members  
Receive a 20% Discount**

Sign up for Mighty Mites, Rookies and Intermediate through the BIPRD online at [www.BIParks.org](http://www.BIParks.org) or call 842-2306.

**For Challenger, Junior Academy and Jr. Academy Elite sign up at the BAC Front Desk (or call 842-5661) and receive a 10% discount when you sign up for more than one class in a session!**

Visit our website at <http://bainbridgeathleticclub.com/tennis/junior-tennis> or call BAC at 206-842-5661.