



JUNIOR TENNIS
SPRING / SUMMER 2009

Nazareth College

4245 East Avenue, Rochester, NY 14618

Program Director: Paul Waida

Nazareth Men's & Women's Tennis Coach

Contact@ Pwaida7@ naz.edu or @ (585) 314-5243

Tennis is a great way to exercise, meet new friends, enjoy competition, and just have fun! Our philosophy is to perfect modern stroke techniques with a strong emphasis on the development of the physical and mental confidence of each junior athlete. Classes are available at all levels from beginner to the advanced tournament player. If you are unsure of your child's ability/interest level, we can arrange for a free trial class.

Spring Session (Tuesday, May 19th- Saturday, June 27th) 6 Weeks of instruction
 All Levels & Ages: Tuesdays 4-6PM, Thursdays 4-6PM, Saturdays 10AM-12PM

Summer Session (Monday, June 29th – Saturday, August 15th) 7 Weeks of instruction
 Ages 9 & up (Beginners - Advanced): Monday thru Saturdays 10AM-12PM **(\$28.50 per)**
 Ages 8 & Under (Beginners – Intermediate): Tuesdays or Thursdays 9-10:30AM **(\$22 per)**

Off Court Conditioning is available for Intermediate and Advanced Players (Ages 12 and Up Only). This Program consists of Tennis specific exercises and Weight Training. This is held at the Nazareth Stadium Building. The times offered (Rain or Shine) are Tuesday, Thursday, Fridays 9-10am. The Cost is \$30 Per week or \$12 per time. **This program begins on June 30th and ends on August 14th.**

Summer Match play – Held on **Mondays** and **Wednesdays** from **12:30PM-3:00PM**. (See Reverse Side)

----- See the calendar on the reverse for specific dates and times -----

The Cost is \$28.50 per two hour class and \$22.00 per one and a half hour class. Notification of class cancellation due to lack of sign-ups will be given prior to start up dates.

Name (Student): _____ Age: _____ Parent (First Name): _____

Address: _____ Zip Code: _____

Phone: _____ E-mail Address: _____

Experience (Level): _____

Day(s) and Time of class(s): _____

Please detach this portion and return it to me, with a check payable to: **Paul Waida, 1009 Pittsford-Mendon Rd., Pittsford, NY 14534.** If you have any questions, please call Paul at 624-2971 or 314-5243 **THANK YOU!**

Paul Waida's Junior Tennis **SPRING / SUMMER** 2009

Below is the calendar for the Spring and Summer Session held at Nazareth College.
 Session runs for **6 weeks**. The **Summer** session runs for **7 weeks**.

The Spring

If the weather is questionable, Call 624-2971 or 314-5243 for confirmation that the lesson or match play is being held.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week
	May 19		May 21		May 23	#1-Spring
	May 26		May 28		May 30	#2-Spring
	June 2		June 4		June 6	#3-Spring
	June 9		June 11		June 13	#4-Spring
	June 16		June 18		June 20	#5-Spring
	June 23		June 25		June 27	#6-Spring
June 29	June 30	July 1	July 2	July 3	July 4	#1-Summer
July 6	July 7	July 8	July 9	July 10	July 11	#2-Summer
July 13	July 14	July 15	July 16	July 17	July 18	#3-Summer
July 20	July 21	July 22	July 23	July 24	July 25	#4-Summer
July 27	July 28	July 29	July 30	July 31	August 1	#5-Summer
August 3	August 4	August 5	August 6	August 7	August 8	#6-Summer
August 10	August 11	August 12	August 13	August 14	August 15	#7-Summer

--	--	--	--	--	--	--

Summer Match Play: Both **Monday** and **Wednesday** Match Play days are geared toward the Advanced Beginner to High School Varsity/Tournament player. Match plays are Pro Supervised and give the Student player experience in actual Singles and Doubles point play. The format is structured, but fun is encouraged. The first match play will be held on **Monday, June 29th from 12:30-3:00PM**. The last match play will be held on August 12. The cost is **\$15 per day** for juniors enrolled in the lesson program. The cost for non-enrolled players is **\$25 per time**. If the Junior player is doing the lesson before, it is suggested that they bring lunch.

Private Lessons: If you are interested in Private lessons, contact **Paul Waida**, the program director, at 624-2971 Or 314-5243. The cost is \$50 per hour.

Outdoor Season Program Policy:

- *Players participating in our program must pay in full at the start of the session.
- *Credit will be given in cases of serious injury or extended illness.
- *24 hour cancellation notice is required in order to receive make-up lessons. Make-ups must be completed within the outdoor season.