

ACERS SUMMER TENNIS

**INSTRUCTOR-HEATHER CONSLA
AND OTHER VETTED COUNSELORS**

WHEN- DAILY LESSONS (M-F)

JUNE 21-25

JUNE 28 – JULY 2

JULY 12-16

JULY 26-30

WHERE

**Patterson Mill
Tennis Courts**

85 Patterson Mill Road, Bel Air MD 21015

GOAL: CHILDREN AGES 6-17 AND ADULTS WILL LEARN, MAINTAIN, AND IMPROVE TENNIS SKILLS IN A FUN ENVIRONMENT OF PLANNED LESSONS AND INTEGRATED FITNESS.



**INSTRUCTOR/
PLAYER RATIO:
1:5**

WHAT YOU NEED:
-TENNIS RACKET
-PLENTY OF WATER
-HAT/SUNGLASSES

WHAT TO WEAR:
-Athletic Tops and Bottoms (pockets)
-Socks and Tennis shoes
-Long hair in hat or ponytail
-Sunscreen on body, face, and lips

REGISTRATION:
Email Heather Consla at heatherconsla@gmail.com to reserve your place on the roster. Then continue with document and instructions on back.

**SCHEDULE ON
BACK**

Classes are divided based upon player levels for the age group classes. There is one instructor for every 5 players so the athletes can have some play time with an instructor.

Adult Beginner- Designed for anyone 18+ who is new to the sport and enjoys thorough explanations and repetitions of strokes and positioning.

Hit, Move, Groove- A new class designed for any age player who knows all the tennis strokes well and desires a good cardio workout with the challenge of tennis. The first 45 minutes are drills and circuit training (you'll need a yoga mat and hand weights), the last 20-30 minutes are tennis drills and games (strategies and positioning). Music will play throughout the circuit training portion of the lesson.

Week 1: 21-25 June

Age Group / Level	Time	Price per week
4-5 years old	8:00-8:45am	\$100
6-8 years old	9:00-9:55am	\$120
9-10 years old	10:00-10:55am	\$120
Middle schoolers (rising 6 th , 7 th , and 8 th graders)	11:00-11:55am	\$120

Week 2: 28 June -2 July

Age Group / Level	Time	Price per week
6-8 years old	8:00-8:45am	\$120
9-10 years old	9:00-9:55am	\$120
Middle schoolers (rising 6 th , 7 th , and 8 th graders)	10:00-10:55am	\$120
Adult Beginner	6:00-7:00pm	\$120
Hit, Move, Groove	7:00-8:15pm	\$135

Week 3: 12-16 July

Age Group / Level	Time	Price per week
4-5 years old	8:00-8:45am	\$100
6-8 years old	9:00-9:55am	\$120
9-10 years old	10:00-10:55am	\$120
Middle schoolers (rising 6 th , 7 th , and 8 th graders)	11:00-11:55am	\$120

Week 4: 26-30 July

Age Group / Level	Time	Price per week
6-8 years old	8:00-8:45am	\$120
9-10 years old	9:00-9:55am	\$120
Middle schoolers (rising 6 th , 7 th , and 8 th graders)	10:00-10:55am	\$120
Adult Beginner	6:00-7:00pm	\$120
Hit, Move, Groove	7:00-8:15pm	\$135

Behavior expectations: Please initial.

- _____ For children- My student understands how to participate during a group class. S/he will be dismissed to the viewing area for remainder of class for negatively affecting group learning.
- _____ For children- My student can follow a set of 3 directions in a row.
- _____ For all- Good sportsmanship is the key to a fun lesson. Feelings of frustration will be managed with self-control. Positive and productive communication will be used at all times.
- _____ For all- I will sanitize my hands (provided) and wear my face mask over my nose and mouth the entire class. I may remove my mask for drink breaks.

Inclement Weather: If bad weather should occur, I will communicate via email *the day of class* that class is cancelled and offer a make-up date. There are no other make-up sessions or refunds.

Registration Information:

1. Email Instructor Heather Consla to reserve your spot. Include full player name and class/age.
2. Please complete a separate form for each player. Mail form to:

Heather Consla, 3414 Howell Ct. Abingdon, MD 21009

Or bring it to Emmorton Recreation Center: 2214 Old Emmorton Road, Bel Air, MD 21015

Player name: _____ Current age: _____

Allergies and relevant medical information:

Parent name: _____ Mobile: _____

Please write your most used email address below. Use the symbol Ø for zero.

Email: _____

Name of class / Week number: _____ Payment amount: _____

check # _____ cash

Payment: Please write check to: Emmorton Rec. Council, Memo: Acers Summer Tennis

Discounts:

Multi-week: After the first week, deduct \$25 from the class price for any additional week.

Multi-family member: After one family member pays full price for a week, each additional family member will deduct \$10 from their registration for that week.