

HARRISONBURG CITY PARKS & VIRGINIA PROFESSIONAL TENNIS

Celebrating 7 years together our partnership has led to being named a 2009 *National Tennis Program of the Month*, 2006 “*Top 50*” National Program, National Recreation & Parks Association “Tennis In the Parks” status and multi-year recipient of Tennis Industry marketing grants. **John Raker**, PTR Master Tennis Professional, designs each program curriculum, trains staff and makes teaching appearances during each session. Over the years our tennis programs have shown **record participation growth** by using unique teaching techniques and innovative curriculums delivered by a talented staff. This year we have added more new tennis offerings for you to enjoy.

SPRING, SUMMER & FALL JUNIOR PROGRAM

Our program offers a linked-pathway to allow junior players to quickly develop by strategically combining instructional and play programs. Core Program Values are addressed such as using **FUN** learning to **PLAY** tennis, developing **ATHLETES** first, players second and teaching **LIFE SKILLS** such as sportsmanship, honesty and self-confidence through tennis.

Summer TOTS begin tennis & sport early from 9:30 - 10 AM

These Summer classes for 4-6 year olds provide FUN on-court activities while learning “real tennis shots.” Motor and socialization skills emphasized with fun group games. *Limit of 10* per class: \$39 city resident / \$44 non-resident

Summer Stars classes develop RALLY skills from 8:30 - 9:30 AM

National “Quickstart” methods allow rally skills to develop quickly by way of sport-proven scaled practice. Using modified equipment allows players aged 7-11 to learn core skills. Players who add “Quickstart Play” events with these classes develop even faster. *Limit of 20* per class: \$59 city resident / \$69 non-resident

Summer Competitive Training from 9:45 - 11 AM

For players preparing for local tournaments or High School Teams. Active live-ball drills & instruction that develop tactical and mental skills. Adding “Match Day” events and tournament play is greatly encouraged to enhance competitive development. *Limit of 12* per class: \$65 city resident / \$75 non-resident

FIVE SUMMER SESSIONS CHOICES AT 3 DIFFERENT VENUES

All above groups offer six class and 2 potential make-up dates (when tennis staff cancels due to weather). VPT offers players equipment purchase advice, on-site “*demo racquet*” use and will personally fit player for racquet & grip size.

Summer #1 at Purcell Park: June 14, 15, 16, 17, 18 & 21

Summer #2 at Eastover Park: June 23, 24, 25, 28, 29 & 30

Summer #3 at Harrisonburg High School: July 8, 9, 12, 13, 14 & 15

Summer #4 at Purcell Park: July 21, 22, 23, 26, 27 & 28

Summer #5 at Eastover Park: August 3, 4, 5, 6, 9 & 10

Please see right Column to review our Spring & Fall junior schedules and to add CRITICAL “Quickstart” & “Match Day” play events.



Virginia Professional Tennis

Spring & Fall After-School Junior Tennis Sessions

Purcell Park classes help juniors get ready for summer play programs. Two age groups: **4-5 PM** (under 10) & **5-6 PM** (over 10 years old). Limit of 16 per class: \$59 city resident / \$69 non-resident

Spring: May 26, 27, 28, June 1, 2 & 3

Fall: Sept. 1, 2, 3, 7, 8 & 9

QUICKSTART PLAY & MATCH DAYS = FASTER DEVELOPMENT

Add these supervised play events to junior instructional sessions for faster tennis development. These offerings resulted from our 3-year USTA pilot project work and now are nationally endorsed to **get kids PLAYING**.

Quickstart Play features modified courts, balls and scoring before advancing to HPQ or traditional matches. A FUN hour play program with **familiar** staff and classmates.

Match Day events give players 2-3 matches within a 2-hour timeframe. These “sparing matches” provide valuable feedback to allowing players & coaches to work on specific needs. To competitively improve, match play experience is very important!

**2010 Quickstart & Match Events
Harrisonburg High School
Five Thursday Nights**

June 17, July 1, 15, 29, August 12

**\$10 per event: registration forms at
<http://web.mac.com/vaprotennis>**

**Program Space Limited due to
Available Number of Courts!**

MORE JUNIOR PLAY PROGRAMS

VPT JUNIOR TRAVEL TEAM

Team Practice on *Sunday, June 27* from Noon - 2 PM at HHS. Thereafter, four or more team matches will take place with Charlottesville, Staunton, Fishersville & Waynesboro Teams. All players receive team shirt & schedule. This program provides players with valuable match confidence, new tennis friends and summer memories.

Team Player Fee \$49

JUNIOR INTENSIVE CAMP

9 AM – NOON AT HHS

JUNE 15, 16 & 17

Targeted for current or emerging tournament and/or high school players where strategy, competition, footwork and point construction are focused.

The program improves players competitive skills. *Limit of 16 Players*

\$89 city resident / \$99 non-resident

2010 VALLEY TENNIS CIRCUIT

For local junior tournament entry forms & information, please visit:

<http://web.mac.com/vaprotennis>



Play Adult Tennis!

Why let all the juniors have all the fun?



ADULT CARDIO TENNIS WORKOUT GROUP

Our Harrisonburg City Tennis Program will again offer Cardio Tennis classes – a group tennis activity for all player levels that provides a fun aerobic workout on the tennis court. To learn about the national cardio tennis craze, please visit www.cardiotennis.com. **6:30 PM five-class session starts Tuesday May 25** at Purcell Park: \$59 city resident / \$69 non-resident

Adult Group Lessons on Monday & Wednesday: 6:30 - 7:45 PM

We use proven curriculums to get people rallying quickly with great stroke mechanics. Excellent classes for those beginning or being re-introduced to tennis. Make new tennis friends at different court venues – all leading to fun social play. First class at Purcell Park: \$59 city resident / \$69 non-resident

Session #1: May 10, 12, 17, 19 & 24

Session #2: June 7, 9, 14, 16 & 21

Session #3: July 12, 14, 19, 21 & 26

More Adult sessions to be announced!



OFFICIAL SITE

VPT PRIVATE LESSONS & TENNIS IS FUN!

Virginia Professional Tennis offers **Private & Semi-Private Lessons**. These lessons are an excellent way to enhance your competitive and instructional tennis skills all while observing your busy schedule (times made by individual appointment). Private rates begin at \$32 per hour (depending on staff choice) with Semi-privates much less per player. **Please contact:** Harrisonburg Parks & Recreation (433-9168) or Virginia Professional Tennis (438-8477).

STAY UP-TO-DATE WITH THESE WEBSITES

For updated information, please visit **City Parks Website**, **FaceBook** (Harrisonburg City Tennis Program) and www.rakertennis.com

Registration for classes will begin Mon., May 3 for city residents and Tues., May 4 for non-residents.