

COME SPEND YOUR SUMMER AT THE TRAILS!

The Trails Racquet Club's Junior Tennis Summer Camp is a great place for young athletes to improve their tennis skills, make new friends, and most importantly, have FUN! Our summer tennis camps welcome juniors of all skill levels from ages 6 to 14. Campers will be grouped by age and ability. Below, please find an outline of the program as well as other useful information. The camp will include some of the following: tennis – fitness – cardio – stretching – footwork – multisports (table tennis, soccer, basketball, air hockey, etc.). All programs will be conducted & supervised by qualified instructors.

Ages: 6 - 14 years old
Hours: Daily 10 am – 4 pm

Instructors:

- * Tim Pleasant, head coach of Bethune Cookman University's women's and men's tennis teams
- * Gary Heatwole, USPTA/PTR certified coach
- * Jan Buenner, owner & general manager
- * select local high school & college players

Sessions Available:

- Mon – Fri June 13 - 17
- Mon – Fri June 20 - 24
- Mon – Fri June 27 - July 01
- Mon – Fri July 05 – 08, plus one other day in lieu of 07/04
- Mon – Fri July 11 - 15
- Mon – Fri July 18 - 22
- Mon – Fri July 25 - 29
- Mon – Fri Aug. 01 - 05

Rainy Day Rule: In case of rain, events will happen off-court. All activities will be fun and instructional. As soon as the tennis courts are dry again, camp will resume on-court. In case of a full

day rain-out, students may choose a day in a later camp as a make-up, or a cash refund.

A Typical Day:

<u>Time</u>	<u>Event</u>
10.00	Warm-Up / Stretching
10.15	Tennis (hitting, drills, footwork)
12.00	Catered Lunch
12.30	Rest & Relaxation & indoor activities
13.00	Swim (optional)
14.00	Tennis (fun games, practice matches & strategy)
16.00	Close

Enrollment Fee:

\$200 for 5 days; \$50 for 1 day; \$30 for a half day (incl. food). The fee includes staffing, instruction, catered meals (from places like Boston Market, Domino's Pizza, Dustin's Barbecue, Firehouse, Panera's, Steak 'n Shake, etc.) , and t-shirt. A 10% "sibling discount" is offered for second/third enrolled child or second/third camp for the same child. **SAVE with early registration & payment! Additional 10% discount for all early sign-ups (at least 2 weeks before each camp week starts).**

Space is limited, so reserve your spot early!

WHAT TO BRING

Sunscreen
Hat
Swim Suit
Towel for the Shower & Pool
Tennis shoes or other sneakers
and your tennis racquet (if you have one;
if you don't have one, we will lend you one)

For more information, call Jan at

the Trails Racquet Club, (386) 677-8081.
Or e-mail to jan@trailsracquetclub.com.

Signature _____

Tennis Summer Camp 2016 Registration

Name: _____

Age / Birth date: _____ / _____

Address: _____

Parent/Guardian: _____

Best Phone: _____

E-mail: _____

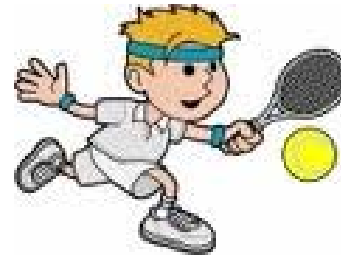
Which camp(s) do you wish to attend?

- Mon – Fri June 13 - 17
- Mon – Fri June 20 - 24
- Mon – Fri June 27 - July 01
- Mon – Fri July 05 – 08, plus one other day in lieu of 07/04
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Please make checks payable to the **TRAILS RACQUET CLUB**.

Waiver: As a parent or guardian of the above minor, I give permission for my child to participate in above tennis camp(s) and to use the community pool at his/her own risk. I hereby agree to indemnify and hold harmless the TRAILS RACQUET CLUB and its employees against any and all claims of whatsoever kind. I also consent to emergency medical service that may be rendered by an appointed physician in the event that such need arises.



The Trails Racquet Club

TENNIS SUMMER CAMP 2016

TRAILS RACQUET CLUB
300 Main Trail
Ormond Beach, FL 32174
(386) 677-8081





www.trailsracquetclub.com

