



Body First

Junior Tennis

Summer 2016

FUNDamental Tennis Camps Dates

Camp 1: May 31st– June 3rd (Tues, Wed, Thu, Fri)

Camp 2: June 20th- 23rd (Mon, Tues, Wed, Thu)

Camp 3: July 11th –14th (Mon, Tues, Wed, Thu)

Camp 4: July 25th –28th (Mon, Tues, Wed, Thu)

Body First FUNdamental Camps are four day camps geared towards getting kids playing more tennis. Fun for all levels including games, contests, drills and other tennis mayhem.

Camps are based on age however Players may be divided into smaller groups during each camp based on skill level as needed.

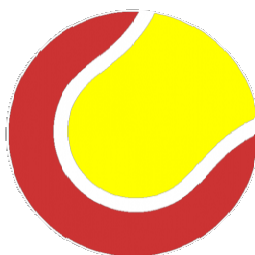
PLEASE REGISTER PRIOR TO FIRST DAY OF CLASS

MEMBER DISCOUNT: 20% OFF

Red Ball Tennis

Completed Kindergarten to Age 8

USTA QUICKSTART FORMAT Red Balls move slower through the air, bounce lower and travel less distance to maximize play. Classes taught on smaller courts using smaller nets. Focus on developing basic tennis and athletic skills through fun games.



Red Ball Camp

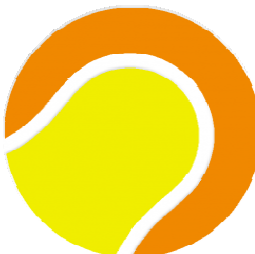
9:20 am-10:20 am

\$60

Orange Ball Tennis

Ages 9-10

USTA QUICKSTART FORMAT Classes taught with an orange low-compression ball and on a 60' court. The orange ball moves a little faster and travels farther than the red ball but still has a lower bounce than a standard yellow ball.



Orange Ball Camp

10:30 am –11:30 am

\$60

Green Dot Tennis

Ages 11-12

USTA QUICKSTART FORMAT Class utilizes slightly lower compression green balls (or green dot ball) on a 78' Court.



Green Dot Camp

11:30 am –12:30 pm

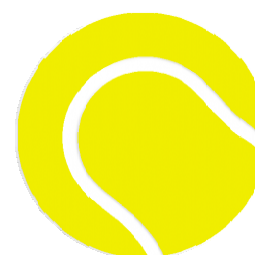
\$60

Teen Tennis

Ages 13 and up

Beginner/Intermediate Teen Player. Gives teens the opportunity to learn and develop tennis skills in a low pressure, fun environment.

NO TENNIS EXPERIENCE REQUIRED



Teen Tennis Camp

1:30 pm –3:00 pm

\$75

High Performance Junior Tennis

FUTURES*: *Intermediate Tournament Player*

CHALLENGERS*: *Advanced Intermediate Tournament Player*

Maximizing players' potential. High Performance Groups are designed for juniors who wish to play competitively, enhance their athletic performance and develop consistency and power into their game.

PRO APPROVAL REQUIRED TO HIGH PERFORMANCE GROUPS



High Performance Tennis Clinics

Summer Session 1: June 6th-30th

Summer Session 2: June 5th-30th

No class Mon July 4th-Club Closed Make-up Day Fri July 8th

Futures	Mon/Wed	1 day/week...\$80
	3:00-4:45 pm	2 day/week...\$150
Challengers	Tues/Thu	1 day/week...\$80
	3:00-4:45 pm	2 day/week...\$150

To Register call 785 776 6060 or email us at playtennis@bodyfirst.com

Body First Wellness and Recreation Center * 3615 Claflin Road * Manhattan KS * www.bodyfirst.com