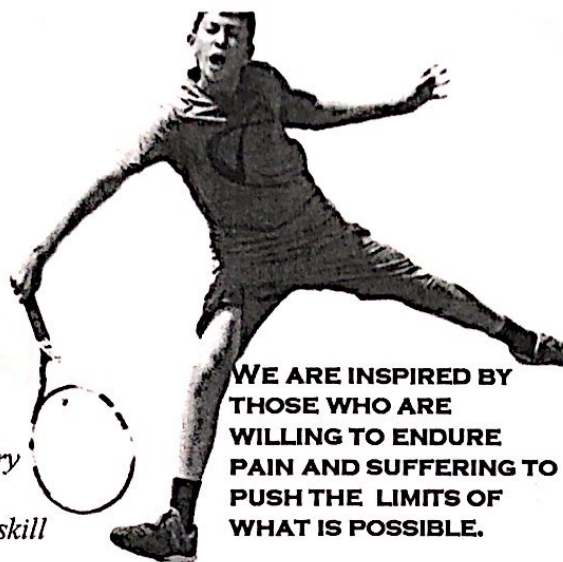




RACQUET + FITNESS

**Junior Tennis Program
Summer - June 11th - August 24th**

GR Racquet believes... "Competition is an essential ingredient in the evolution of every young athlete. Learning how to win and lose are important life lessons that must be developed. To reach personal goals through effort and determination is to unlock a skill that will last a lifetime."



WE ARE INSPIRED BY THOSE WHO ARE WILLING TO ENDURE PAIN AND SUFFERING TO PUSH THE LIMITS OF WHAT IS POSSIBLE.

****Drop-ins are available only if space permits. Participation requires registration through the service desk, by phone, or online.**

~WOLFPACK

Payment is due at the time of attendance.

Middle School

Age 10-14

Proper strokes are development in a fast paced and entertaining format. Participants advance through challenging progressions as they build strong fundamentals. Sportsmanship and fair play is stressed as players are introduced to teamwork and match play.

Junior Varsity

Age 14-18

Technical and tactical skills are addressed in this group. Focus on proper swing paths will allow advancing players the ability to achieve a high school varsity level. Students will be monitored for advancement as court their mastery improves.

Varsity / Tournament

Age 13-18

For varsity and competitive tournament players who want more. Coaches are uniquely accomplished in assisting athletes in making significant improvements. Special attention given to fundamentals, footwork and advanced game theory. Work ethic and dedication is rewarded. Outstanding competitors will obtain Tournament X opportunities and privileges!

Junior X (Junior Tournament Excellence) Age 8-13

Select youngsters who pursue tennis as dedicated tournament players. Class emphasis is on competitive situations and stroke development. Participants will become involved in district and sectional tournament play.

Tournament X (Tournament Excellence) Age 11-18

Our signature and highest level group! Players holding or in pursuit of Sectional / National rankings. Class is designed for very elite tournament players headed to college tennis or beyond... Participants must augment training with an individual program of physical conditioning. All participants must be pre-approved by the Director of Player Development.

Summer classes are held at Northview Middle School or Northview High School tennis courts. Grand Rapids Racquet and Fitness Club will be utilized in the event of rain.

Summer						
Class	Location	Day	Time	Member*	Guest	**Individual Class
Middle School	NV Middle	Mon.-Thur.	11a-1p	\$120	\$136	\$38
Junior Varsity	NV High	Mon.-Thur.	11:30a-1:30p	\$120	\$136	\$38
Varsity/ Tournament	NV High	Mon.-Thur.	11:30a-1:30p	\$120	\$136	\$38
*Junior X	NV Middle	Mon.-Thur.	9a-11a	\$120	\$136	\$38
*Tournament X	NV High	Mon.-Thur.	1:30-4:30pm	\$180	\$204	\$57

***Placement in X groups must be approved by:** Director of Player Development
Mike Flowers (616) 363-7769 Flowers@grracquet.com

Class Weeks Offered		
Week	Date	Days
Week 1	June 11-14	Mon.- Thur.
Week 2	June 18-21	Mon.- Thur.
Week 3	June 25-28	Mon.- Thur.
Week 4*	July 2 & 3	* Half Week (Special Pricing)
Week 5	July 9-12	Mon.- Thur.
Week 6	July 16-19	Mon.- Thur.
Week 7	July 23-26	Mon.- Thur.
Week 8	July 30-Aug 2	Mon.- Thur.
Week 9	Aug 6-9	Mon.- Thur.
Week 10	Aug 13-16	Mon.- Thur.
Week 11	Aug 20-23	Mon.- Thur.

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