

# TENNIS PROGRAMS

## QuickStart Tennis

Ages 3-10 years of age

QuickStart utilizes special equipment and scaled down tennis courts to advance the tennis skills of the youth while playing games with other students on the same level. The objective is to put more youth on the fast track to enjoying the game while realizing their own potential for playing the game.

## Youth Tennis Lessons

Ages 11-16

Players will learn the progression of the Forehand and the Backhand strokes, the Serve, Volley and Overheads. Emphasis will be on skill development in a fun and creative atmosphere.

## Lessons: Times and Dates are as follows:

The above mentioned programs will run in 4 2 week sessions with 2 sessions daily:  
9 am—10:30 am and 10:30 an—noon

June 29th—July 10th  
July 13th—July 24th  
July 27th—August 7th  
August 10th—August 21st

## Team Tennis

Team Tennis will take place Tuesday & Thursday from 1:00 PM—2:30 PM beginning June 30th. It will run for 8 weeks.

This program brings together youth who are ready to move their game to a more competitive level and play matches against other tennis teams across the Pioneer Valley.

There is an end of the season tournament

See Application for Cost

## Fun Friends and Fitness Adult Tennis

Tennis is 'The Sport for Life, so get involved and have fun meeting new people and improve your health.

Contact Conrad for information.

## RAIN POLICY

If the weather looks inclement for the day of the lessons, contact the Parks Department cancellation line at 750-2799 and follow the prompts.

It rain prevents play at Forest Park the program will move to Grande Meadows Tennis Club @ 170 Dwight Rd. across from Franconia Golf Course

A nominal fee of \$3.00/child will be charged.

Directions to The Club from Forest Park:

\* When exiting Forest Park take a right onto Summer.

\* After 0.39 miles turn right onto Dickinson St..

\*After 0.71miles turn left onto Tiffany St..

\*After 1.08 miles turn right onto Dwight St.

\*Continue on Dwight Rd. for 0.41 until you reach 170 Dwight Rd. on the right.

\*Enter the parking lot and follow to the back. The entry door is on the right.

# FOREST PARK TENNIS SUMMER 2009



## YOUTH TENNIS PROGRAMS & TEAM TENNIS

Taught by : Conrad McIntire  
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Grande Meadows Tennis Club  
USPTA-PTR

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Conrad teaches a program that promotes the lifetime health and social benefits of tennis.

He has achieved the highest certification rating level with both the U.S. Professional Tennis Association and Professional Tennis Registry. He is also certified in both Cardio and Wheelchair Tennis. He has coached at both the high school and college levels.

Tennis Director - Jim Kelly  
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