

# Evergreen Tennis 2019 Junior Program

	January	February	March	April	May	June
Monday	Jan 7, 14, 21, 28	Feb 4, 11, 18, 25	March 4, 11, 18, 25	April 8, 15, 22, 29	May 6, 13, 20, 27	June 3, 10, 17, 24
Tuesday	Jan 8, 15, 22, 29	Feb 5, 12, 19, 26	March 5, 12, 19, 26	April 9, 16, 23, 30	May 7, 14, 21, 28	June 4, 11, 18, 25
Wednesday	Jan 9, 16, 23, 30	Feb 6, 13, 20, 27	March 6, 13, 20, 27	April 10, 17, 24, May 1	May 8, 15, 22, 29	June 5, 12, 19, 26
Thursday	Jan 10, 17, 24, 31	Feb 7, 14, 21, 28	March 7, 14, 21, 28	April 11, 18, 25 May 2	May 9, 16, 23, 30	June 6, 13, 20, 27
Friday	Jan 11, 18, 25 Feb 1	Feb 8, 15, 22, Mar 1	March 8, 15, 22, 29	April 11, 18, 25 May 3	May 10, 17, 24, 31	June 7, 14, 21, 28
Saturday	Jan 12, 19, 26, Feb 2	Feb 9, 16, 23, Mar 2	March 9, 16, 23, 30	April 12, 19, 26, May 4	May 11, 18, 18, 25 June 1	June 8, 15, 22, 29
	Jr Tournament Jan 27 <sup>th</sup>			Spring Break 1 <sup>st</sup> -6 <sup>th</sup> Jr. Tournament April 28 <sup>th</sup>		

<b>QuickStart (age 5- 6 Introductory)</b>		<b>\$72/Member, \$90NM per 4-week session 60 minutes</b>
<b>Monday</b> 3:00-4:00PM <b>Wednesday</b> 2:00-3:00PM <b>Saturday</b> 10:00-11:00AM	<b>QuickStart (age 5-6 Beginner)</b> Introductory lessons using low compression red balls and shorter nets. The focus is the enjoyment of tennis, basic strokes, racquet handling, and fun. With Pro approval, QuickStart will move to Easystart	
<b>EasyStart (age 7-8 Introductory)</b>		<b>\$72/Member, \$90NM per 4-week session 60 minutes</b>
<b>Monday</b> 3:00-4:00PM <b>Wednesday</b> 2:00-3:00PM <b>Saturday</b> 10:00-11:00AM	<b>EasyStart (age 7-8 Beginner)</b> Introductory lessons using low compression orange balls. The focus is on a positive experience with tennis-related games and activities, basic strokes, racquet handling, frequent changes of activity, and fun. With Pro approval, EasyStart will move to Student level.	
<b>Student (age 8-12 Beginner &amp; Intermediate)</b>		<b>\$72/Member, \$90NM per 4-week session 60 minutes</b>
<b>Tuesday</b> 5:30-6:30PM <b>Wednesday</b> 3:00-4:00PM <b>Thursday</b> 5:30-6:30PM <b>Friday</b> 5:30-6:30PM <b>Saturday</b> 11:00AM-12PM	<b>Student (age 8-12 Beginner &amp; Intermediate)</b> Lessons are for elementary or middle school players with the attention span to practice the basic elements of the game. Students focus on stroke production for tennis, scoring, rules, etiquette, singles and doubles positioning, and strategy. Tennis-related games, drills, and activities. With Pro approval, Students will move to Competitor level.	
<b>Teen (age 13- 18 Beginner)</b>		<b>\$72/Member, \$90NM per 4-week session 60 minutes</b>
<b>Tuesday</b> 6:30PM-7:30PM <b>Thursday</b> 6:30PM-7:30PM <b>Saturday</b> 11:00AM-12PM	<b>Teen (age 13-18 Beginner)</b> Beginner lessons for teens who are new to tennis. Excellent preparation for those who aspire to join the high school team. Instruction includes all facets of the game: stroke definition and application, areas of the court, score keeping, and tennis terminology. With Pro approval, Teens will move to Competitor level	
<b>Competitor (Intermediate/Pro approval)</b>		<b>\$96/Member, \$120NM per 4-week session 90 minutes</b>
<b>Monday</b> 5:30-7:00PM <b>Tuesday</b> 4:00-5:30PM <b>Wednesday</b> 5:30-7:00PM <b>Thursday</b> 4:00-5:30PM <b>Saturday</b> 12PM-1:30PM	<b>Competitor (Intermediate)</b> For middle and high school players who have progressed to intermediate level. Lessons include all types of strokes: forehands, backhands, volleys, overheads, serves, and returns of serve. Classes advance through instruction on positioning, singles and doubles strategy, scoring, rules, and etiquette. With Pro approval, Competitors will move to High Performance.	
<b>High Performance (Advanced/Pro invitation)</b>		<b>\$96/Member, \$120NM per 4-week session 90 minutes</b>
<b>Monday</b> 4:00-5:30PM <b>Wednesday</b> 4:00-5:30PM <b>Friday</b> 4:00-5:30PM <b>Saturday</b> 1:30PM-3PM	<b>High Performance (Advanced)</b> Focus on advanced shots with greater speed, depth, spin, and placement. Advanced strategies, mental focus, and sportsmanship increase through challenging tennis-related drills, activities, and competitive games. <b>Peak Performance</b> Workouts will improve stamina, agility, and conditioning for playing competitive matches.	



**evergreentennis.net**

# Evergreen Tennis 2019

## Junior Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8AM-6PM	8AM-9:30PM	8AM-9:30PM	8AM-9:30PM	8AM-9:30PM	8AM-8PM	8AM-8PM	
						<b>QuickStart</b> 10AM-11AM	<b>EasyStart</b> 10AM-11AM
						<b>Teen</b> 11AM-12PM	<b>Student</b> 11AM-12PM
						<b>Competitor</b> 12-1:30PM	
			<b>Quick / Easy</b> 2PM-3PM			<b>High Perf</b> 1:30PM-3PM	
	<b>Quick / Easy</b> 3PM-4PM		<b>Student</b> 3PM-4PM				
	<b>High Perf</b> 4PM-5:30PM	<b>Competitor</b> 4PM-5:30PM	<b>High Perf</b> 4PM-5:30PM	<b>Competitor</b> 4PM-5:30PM	<b>High Perf</b> 4PM-5:30PM		
	<b>Competitor</b> 5:30PM-7PM	<b>Student</b> 5:30PM-6:30PM	<b>Competitor</b> 5:30PM-7PM	<b>Student</b> 5:30PM-6:30PM	<b>Student</b> 5:30PM-6:30PM		
		<b>Teen</b> 6:30PM-7:30PM		<b>Teen</b> 6:30PM-7:30PM			

A makeup class can be scheduled with 24hr advance notice of absence. No make-ups on missed class. Please enroll online at [www.evergreentennis.net](http://www.evergreentennis.net) auto-enroll in recurring lessons, or call the front desk 360-557-7230. Junior Regular membership: \$50/year, receive 20% off lessons and court fees.

### Private Lessons: contact Pros directly

Patrick Jennings, USPTA Head Tennis Pro  
[patrick@evergreentennis.net](mailto:patrick@evergreentennis.net)  
 cell: 213-399-8216

Ben Markowski, USPTA Tennis Pro  
 Director of High Performance & Evolution  
[ben@evergreentennis.net](mailto:ben@evergreentennis.net)  
 cell: 915-487-5929



**Junior Tournament – Winter Blast!**  
 \$25 entry Foundation Fundraiser  
 January 27<sup>th</sup> 11AM  
 non-sanctioned practice tournament



**evergreentennis.net**

5225 NW 38<sup>th</sup> Ave, Camas WA 98671

360-8557-7230