

## Junior Registration

Name \_\_\_\_\_  
 D.O.B. \_\_\_\_\_  
 Gender \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Shirt Size \_\_\_\_\_  
 Guardian \_\_\_\_\_  
 Signature \_\_\_\_\_

CLASS	DAY	TIMES	(x)
<b>Future Stars</b>	Wed.	4:30-5:30	___
	Fri.	4:30-5:30	___
	Sat.	10-11 am	___
<b>Australian Open</b>	Tues.	5:00-6:00	___
	Wed.	4:00-5:30	___
	Fri.	4:30-5:30	___
	Sat.	1:00-2:00	___
<b>Pilot Pen</b>	Mon.	3:00-4:00	___
	Tues.	3:30-5:00	___
<b>French Open</b>	Thur.	4:00-5:30	___
	Fri.	4:00-5:30	___
	Sat.	11-12:30	___
<b>Wimbledon</b>	Wed.	4:00-5:30	___
	Fri.	4:00-5:30	___
	Sat.	11-12:30	___
<b>U.S. Open</b>	Thur.	4:00-6:00	___
	Fri.	4:00-6:00	___
	Sat.	11-1:00	___
<b>H.I.T.</b>	L1 Mon.	4:00-6:00	___
	L2 Sat.	1:00-3:00	___
	L3 Sat.	3:00-5:00	___
<b>Multi-Level</b>	Fri.	4:00-6:00	___
		Please Inquire	

## Rates

### Junior Program

(Per Session)

	1 hr.	1.5 hrs.	2 hrs.
Fall	\$325.00	\$487.50	\$650.00
Winter	\$375.00	\$562.50	\$750.00
Spring	\$125.00	\$187.50	\$250.00

### Private Lessons

	½ hr.	1 hr.
Private	\$45.00	\$80.00
Semi-Private	\$25.00 pp	\$45.00 pp
3-Person Clinic	n/a	\$33.00 pp

### CARDIO FOR KIDS

Drop-in cardio classes will be offered  
 Times to be determined

Cost:  
 1 hr.class - \$15.00  
 1½ hr.class - \$20.00

\*Fees for ongoing classes can be prorated accordingly!

\*Visit Scott Wilson Racquet Pro Shop  
 Stringing services available



## JUNIOR TENNIS PROGRAMS

### Fall (session 1)

September 12-December 18 (13 weeks)

### Winter (session 2)

January 2-April 22 (15 weeks)

### Spring (session 3)

April 23-May 27 (5 weeks)

100 Elm Street

North Haven, CT 06473

203-239-5665 / NHHR.com

## Program Overview

Here at North Haven Health & Racquet, each professional is committed to bringing you the finest Tennis Programs possible. The programs are designed, first and foremost, to give you the most well-rounded education in tennis, which will enable each individual to enjoy the sport for their entire life. This education includes not only tennis-specific skills like stroking, footwork, and match play, but also court etiquette and sportsmanship! Creating good tennis players is important, but not to the exclusion of developing good people who exhibit common courtesy and a high degree of respect for other players.

-NHHR Tennis Professionals

## Schedule

**Fall:** Sep.12 - Dec.18

No classes held for Thanksgiving (11/21 – 11/27)

**Winter:** Jan.2 - Apr.22

No class held for winter break (2/20 – 2/26)

**Spring:** Apr.23 - May 29

No breaks.

### PROGRAM HIGHLIGHTS

- Tennis Membership\*
- Player Evaluation
- Program Prizes
- Plus: Discount Court Time\*\*
- **Low Student/Instructor Ratio**

\*While in Program  
\*\*See Staff for Details

## Junior Tennis Programs

### Future Stars (Quickstart: ages 5-7)

The **Future Stars** program is designed to give players as young as 5 years old the opportunity to have lots of fun while learning the basic skills of tennis.

### Junior Development (ages 8-17)

The junior development program offers a variety of classes each designed to meet the specific needs of a particular player. Whether they are a beginner in the **Australian Open** level, or a fierce competitor in the **U.S. Open** level, there is a class that has been created just for them.

### H.I.T. “High Intensity Tennis”

#### Advanced Training Program (all ages)

The goal of the program is to bring together the area’s top players to train in advanced stroking and footwork techniques, tennis-specific awareness training, and match play stress management. **ALL PLAYERS** must schedule an evaluation for entry. H.I.T. will be divided into three competitive training levels:

Level 1: NTRP 4.0+ (Tournament Level-Entry by invitation only)

Level 2: NTRP 3.0 - 4.0 - Intermediate to advanced players generally in high school lineup

Level 3: NTRP 2.0 - 3.0 - Beginner to intermediate players trying to advance into team lineups

Australian Open (8-11 years) - Beginner/Adv.Beginner

Pilot Pen Int’l. (12-17 years) - Beginner/Adv.Beginner

French Open (all ages) - Intermediate

Wimbledon (all ages) - Advanced

U.S. Open (all ages) - Very Advanced



USTA Junior Team Tennis brings kids together in teams to play singles, doubles and mixed doubles against other teams in the area. All matches are supervised by one of our tennis professionals. During that time, coaches discuss match strategies and tactics in between play point. Team practices are also offered during the season. We currently offer teams for the following ages and ability levels:

Ages: U18, U14, U12

Levels: Intermediate, Advanced

Players sign up on the USTA website. The initial fee includes a one year membership to the USTA, a team uniform, and USTA administrative fees. Cost for match play against other teams not included. Please see one of our tennis professionals for more information.



NHHR is putting the fun back in tennis and our Junior Cardio Tennis program is designed to do just that. This fast pace program offers kids the opportunity to enjoy music, games, and live drills in ways they never have before. Exercise has never been so much fun.