

We're ready for a fun, safe summer outside!

Northwood Racquet and Fitness Club <frontdesk@northwoodrfc.com>

Mon 5/18/2020 1:58 PM

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Summer Junior Tennis Programs

Junior tennis at Northwood may look a little different this summer, but it will still be full of fun, friends and award winning instruction from our awesome tennis pros!

This summer, to ensure the safety of our athletes and comply with recommended safe practices, our programs will be run only on our **outdoor courts** with **limited participants**, and **no more than four athletes on a single court with one coach per court**. Coaches will monitor the athletes to make sure they are engaging in safe distancing and following all recommended guidelines to ensure their health and safety.

Please checkout our summer programs below. We have classes for **all ages and levels!**

Make sure to scroll the bottom of the email, as it includes important information!!

Daily Camp - Morning Session

Mondays - Thursdays, 9:00 AM - 12:00 PM.

While different levels are meeting at the same time, all players will be grouped by ability!

- **Teen 101:** Players 11 and older who have no or limited tennis experience. We focus on creating sound fundamentals; stroke production, movement, rallying and score keeping.
- **Teen Advantage:** Players 11 and older who have a basic tennis foundation. The focus is similar to Teen 101 with an emphasis on rallying and point play.
- **Futures:** Players under 12 who are experienced and capable of playing on the full court. These players have sound fundamentals and have begun competing. The focus is building a competitive foundation, developing a strong serve and return, and match play strategies.

[Click here for pricing and dates.](#)

Daily Camp - Afternoon Session

Mondays - Thursdays, 1:00 PM - 4:00 PM.

While different levels are meeting at the same time, all players will be grouped by ability!

- **Competitors:** Players 12 and older who are experienced and have begun competing. These players have sound fundamentals. We focus on competitive

situations, serve, return and match strategy. We also begin to address players movement and fitness.

- **Tournament Training:** Players 12 and older who regularly compete in tournaments and/or scholastic teams. These players have strong fundamentals.
- **Northwood Select:** Elite players with a desire to perform the work necessary to be a National Level player.

[Click here for pricing and dates.](#)

Weekly Classes for Players Under 11

These classes will run as 7 week sessions, meeting once or twice per week.

- **Little Aces:** Introduction to the game of tennis for ages 4 - 6.
- **Red Ball:** Younger players who need to develop sound fundamental strokes and learn simple tactics for ages 6 - 8.
- **Orange Ball:** Younger players who need to refine their strokes and learn more advanced match strategies for ages 9 - 10.

[Click here for pricing, times and dates.](#)

Please read this document, as it has important information for all Northwood players and their parents!

[Click here.](#)

Our Tennis Director, Matt Potts will be hosting Zoom meetings to discuss our 2020 Summer Junior programs. If you have any questions or want to learn more, you will not want to miss it!

Click a date to register for a meeting:

[Thursday, May 28th @7:30 PM](#) or
[Saturday, May 30th @ 9:30 AM](#)

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