

Clinic Fees

1 Hour Clinic : \$ 26

8 classes / \$ 192

14 classes / \$ 308

1 1/2 Hour Clinic : \$ 36

8 classes / \$ 272

14 classes / \$ 448

2 hour Clinic : \$44

8 classes / \$320

14 classes / \$518



Mid-Cape
Racquet & Health Club
193 White's Path
S. Yarmouth, MA 02664
(508) 394-3511
midcaperacquet.com

Cape Tennis Academy Junior/Fall 2010 Sept. 16 - Dec. 17 (14 Weeks)



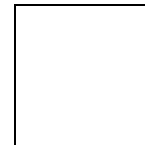
Get in the Game!

Have fun, make new friends
&
get in shape with our fun
clinics & match play!

Register by phone or email:

508.394.3511

nate@midcaperacquet.com



Aces (Ages 4-6)

- Motor Skill Exercises
- Racquet & Court Familiarity & Etiquette
- Basic Hitting Skills: Volleys & Groundstrokes
- Fun Games and Drills

Mondays 4:00-5:00pm

Saturdays 9:00-10:00am

14 classes / \$308: 8 / \$192: 1 / \$26

Baseliners (Ages 6-7)

- Rules, Etiquette & Court Familiarity
- Hitting Skills: Volley & Mini-Tennis Rallying
- Bounce and Overhand Serves
- Fun Drills and Games

Mondays 4:00-5:00pm

Saturdays 9:00-10:00am

14 classes / \$308: 8 / \$192: 1 / \$26

Challengers (Ages 7-12)

- Serve from Baseline with some success
- Volley & Rally Ability (3-8 times over net)
- Stroke Instruction (ground strokes, volleys, serves)
- Drills, Match Play, and Games

Mondays 5:00-6:00pm

Saturdays 10:00-11:00am

14 classes / \$308: 8 / \$192: 1 / \$26

We make it easy! Our tennis program is color-coded as follows:



Green: Beginner

Blue: Intermediate

Orange: Advanced

Yellow: Multi-level

Davis Cup Team (Ages 13-17)

- Increased Consistency/Placement & Shot Variety
- Knowledge of Basic Strategies
- Consistency and Shot/Spin Variety
- More Advanced Strategy
- Introduction of Power
- Drills, Match Play, and Games

Wednesdays & Fridays (90 min)

4:30-6:00pm

14 classes / \$448: 8 / \$272: 1 / \$36

Elite Team (Ages 10-12)

- Volley & Rally Ability (10 times over net)
- Ability to Serve & Play a Set or Match i
- Technique (overheads, lobs & angles)
- Consistency & Shot Placement
- Basic Singles and Doubles Strategy
- Drills, Match Play, and Games

Wednesdays & Fridays (90 min)

4:30-6:00pm

14 classes / \$448: 8 / \$272: 1 / \$36

Futures Team

**Level: High School Team Player
(Ages 13-17)**

- Increased Consistency on all strokes, Shot/Spin Variety & Strategy
- Use of Placement, Patience, and Power
- Match Play and Mental Preparation

Tuesdays & Thursdays (90 min)

3:00-4:30pm

14 classes / \$448: 8 / \$272: 1 / \$36

High Performance Team

**Level: Tournament Player
(Ages 13-17)**

- Same as Team practice plus..
 - Tournament match experience
- Highest Level Clinic

Tuesdays & Thursdays (2 hrs)

4:00-6:00pm

14 classes / \$518: 8 / \$320: 1 / \$44

SATURDAY MATCH PLAY

9 Weeks (Oct. 16-Dec.18)

Learn Strategy Through Coached Play

Davis Cup & Elite Teams

Saturdays 11:00-12:30

Futures and High Performance Teams

Saturdays 1:00-3:00