

**YMCA TENNIS CLINIC
PACKAGE DEALS**

5 Clinics for \$100/ Non-Members- \$115

10 Clinics for \$180/ Non-Members \$210

UNLIMITED CLINICS (entire season)

\$600/Member or \$750/Non-Member

INDIVIDUAL Walk-In CLINIC PRICES:

\$25/Clinic

Cardio Tennis

\$20/walk in rate

5 sessions for \$80 (save \$20)

PRIVATE LESSONS MEMBER/NON-MEMBER

4 LESSONS FOR \$240 (Save \$40)

6 LESSONS FOR \$325 (Save \$95)

10 LESSONS FOR \$480 (Save \$220)

Semi-Private Lessons (2 players available upon request)

2018-2019 Sinking Spring YMCA

Winter Tennis Program

Clinic Package Registration

PRE-PAY FOR GREAT DEALS

OR PAY AS YOU COME

Please Fill out and drop off at Sinking Spring YMCA

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Age: ___ Grade: ___

Parent Signature: _____

PLEASE INDICATE WHICH CLINIC
PACKAGE YOU ARE PRE-PURCHASING

Please put 'X' next to programs signing up for:

High School Clinic Junior Development Clinic

High Intensity clinic (invite only)

YMCA PROFESSIONAL TENNIS STAFF

DIRECTOR OF TENNIS: RYAN KNARR
USPTA NATIONAL U-30 PRO OF THE YEAR

HEAD TENNIS PRO: KAUSHIK DAS
USPTA / PTR PROFESSIONAL

ASSISTANT TENNIS PROFESSIONAL
DR. KEITH RODGERS

YMCA TENNIS CONTACT INFORMATION:

FRONT DESK: 610-678-0484

Ryan Knarr—Director of Tennis: 610-451-2401

Email: weisertennis@gmail.com

TRUE BLUE

Defined: *Showing of complete loyalty or investment in*

OUR PROMISE

As a program— WE are invested in YOU as a
PERSON and TENNIS player.

TRUE BLUE is not a campaign, it's a promise, to
deliver to you a complete tennis experience for your
development technically, tactically, strategically and
mentally as a tennis player in a safe, family friendly
environment aimed towards helping you meeting your

*ALL Professional Coaches are Net Generation Registered
& have completed required PA State Background Checks*

2018-2019 SINKING SPRING YMCA

1-FREE CLINIC

NAME: _____ DATE USED: _____
ONE FREE TENNIS CLINIC PER PERSON

PRESENT TO FRONT DESK AT YMCA TO GET FREE CLINIC
Expiration Date: DECEMBER 22, 2018



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



“TRUE BLUE”

**CHECK OUT OUR NEW STATE OF
THE ART BLUE TENNIS COURTS**



WINTER 2018-2019

DIRECTOR OF TENNIS:
RYAN KNARR (USPTA/PTR)

HEAD TENNIS PRO:
KAUSHIK DAS (USPTA/PTR)

ASSITANT TENNIS PRO
DR. KEITH RODGERS

High School Tennis Clinic

Ages 14-18

Tuesday & Thursday 4:30-6:00pm

A program specifically for high school tennis players and aspiring junior players grades 8-12, who want to take their games to the next level. The Junior advanced will develop players technical, strategic, mental and emotional aspects of their game. Players will feel engaged throughout the entire workout, with emphasis put on developing their complete game to allow them to compete at a high level at the high school & USTA tournament level.

Jr. Development Tennis Clinic

AGES 11- 18

Tuesday & Thursday 6pm-7pm

A program targeting juniors who are looking to develop their technique and begin using strategy in match play. The emphasis will be on stroke development as well as gaining an understanding of tactics and strategy. Players will be given individual attention with regards to technique & point play will be incorporated to reinforce their complete development.

PLEASE CONTACT TENNIS STAFF REGARDING WHICH CLINIC YOUR PLAYER SHOULD BE IN

PRIVATE TENNIS LESSONS

— ALL LEVEL PLAYERS —

Beginner. Intermediate .Advanced

Private (1 on 1) or semi private (2 on 1)

Lessons are available ALL WINTER (Oct. -Mar.)

DIRECTOR OF TENNIS \$70

HEAD TENNIS PROFESSIONAL \$65

ASSISTANT TENNIS PROFESSIONAL \$65

PRIVATE LESSONS PACKAGES

Please see reverse side for pricing

Call 610-451-2401 to schedule a lesson today

*Lessons available mornings, afternoons & evenings

2017-18 Sinking Spring YMCA

Winter Tennis Programming Schedule

MONDAY

4:30-6pm High Intensity Clinic (invite only)

TUESDAY

4:30-6pm High School Clinic

6pm-7pm Jr. Development Clinic

WEDNESDAY

4:30-6pm High Intensity Clinic (invite only)

6pm-7pm Cardio Tennis

THURSDAY

4:30-6pm High School Clinic

6pm-7pm Jr. Development Clinic

FRIDAY

4pm-5:30pm High Performance Academy

SATURDAY

USTA Junior Team Tennis (Jan/Feb)

Jan/Feb. 18s, 14s, 12s

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HIGH INTENSITY TENNIS ACADEMY

ADVANCED High School/College Players ONLY

Monday & Wednesday 4:30-6:00pm

The basis for the High Intensity Academy is built on bringing together the BEST high school and college players in the area to train together and further develop all aspects of their game including the technical, mechanical, strategic, mental and emotional aspects of their game by being exposed to a constant high level of training, match play, conditioning and professional tennis instruction. Must have evaluation from professional staff to join in the High Intensity clinic.

ADULT TENNIS PROGRAMMING

Cardio Tennis

WEDNESDAYS 6pm-7pm

Join us for our NEW Cardio Tennis at the Sinking Spring YMCA. Cardio tennis is a fun energetic intense workout when put to music is a great way for players of any level to get a workout from beginners to intermediate players. Walk-ins are welcomed!

WINTER PROGRAMS START OCT. 15

COME TO OUR YMCA TENNIS

OPEN HOUSE

SUNDAY OCT 14 from 11am-2pm

USTA Junior Team Tennis (Jan/Feb 2019)

The Berks County Winter Jr. Team Tennis League will be played at the Sinking Spring YMCA in January and February 2018. The league will consist of players from around the county representing their respective club, school or organization in 12U, 14U, 18U age groups. Please contact Ryan Knarr for complete details on the 2018 Berks Jr. Team Tennis Winter League starting in January.