

SPORT FIT BOWIE

A Health Club Like No Other

100 Whitmarsh Park Drive, Bowie, MD 20715 (301) 262-4553

ADULT AND JUNIOR TENNIS PROGRAMS

Spring Session: 7 weeks starting on 4/9

REGISTRATION: Please download the app at mysportfit.com to register. You can register through the front desk or through the app.

DROP INS: All clinics are drop in, but juniors must schedule in advance to ensure space is available & the class is running. Please see below for beginner class Any clinic (adult or junior) where only 1 person attends, will have the clinic shortened by a half hour.

ADULT CLINICS:

Please attend a clinic that matches your playing level. Pros will be happy to advise you!

Due to high interest, for the clinics with an asterisk (), you must call the front desk & reserve a spot in advance or book through the app.*

JUNIOR CLINICS:

Beginners: If your child has no previous experience, you cannot enroll after the 2nd week of the session to ensure he/she is not behind in development.

Beginner 1 classes are for players who have not played before or who have NOT attended two, Beginner 1 sessions; **Beginner 2** classes are for players who have attended a minimum of two, Beginner 1 sessions. **Beginner class drop ins must be approved by the Tennis Director.**

Crusher Tennis Juniors: For higher performance players who exhibit stronger skills for their age.

Missed Classes: Players must make up any missed classes during the session they are enrolled in. Any exception must be made through the Tennis Director.

All junior clinics require 3 participants for the session to run.

No classes on Saturday, Sunday, Monday of Memorial Day Weekend (5/25, 5/26, 5/27).

| DAY/TIME | PROGRAM | # STUDENTS | COURTS | PRO | MEMBER/NONMEMBER PRICE \$\$ (SESSION or DROP IN) | START DATE | END DATE |
|---|--|------------|--------|---------|--|------------|-----------|
| MONDAY | | | | | | | |
| 1030a-12p | Adult Doubles Drill & Play 3.5+ | 8 | 1 | George | 49/64 | 4/15/24 | 6/3/24 |
| 430-530p | U6 (5-6 years) Beginner 1/Beginner 2 | 12 | 4 | Bronwyn | 189/259 or 32/42 | 4/15/24 | 6/3/24 |
| 430-530p | U8 (7-8 years) Beginner 1/Beginner 2 | 8 | 5 | Bronwyn | 189/259 or 32/42 | 4/15/24 | 6/3/24 |
| 530-630p | U8 (7-8 years) Beginner 1/Beginner 2 | 12 | 4,5,6 | Bronwyn | 189/259 or 32/42 | 4/15/24 | 6/3/24 |
| 530-630p | U12 (9-12 years) Beginner 1/Beginner 2 | 12 | 4,5,6 | Bronwyn | 189/259 or 32/42 | 4/15/24 | 6/3/24 |
| *630-8p | ***Adult Total Workout 4.0+*** | 12 | 1,2,3 | Robert | 49/64 | 4/15/24 | 6/3/24 |
| No classes on Monday, 5/27, Memorial Day. | | | | | | | |
| TUESDAY | | | | | | | |
| 1230-2p | Adult Total Workout 3.5+ | 8 | 1 | Eddie | 49/64 | 4/9/24 | 5/21/24 |
| 430-630p | Crusher Tennis Jrs. Intermediate (JV Middle & JV HS) | 18 | 1,2,3 | Robert | 385/525 or 62/82 | 4/9/24 | 5/21/24 |
| 630-730p | Teen (13-18 years) Beginner 1/Beginner 2 | 10 | 1,2 | Juan | 189/259 or 32/42 | 4/9/24 | 5/21/24 |
| WEDNESDAY | | | | | | | |
| 11a-12p | Adult Advanced Beg/Lo Interm 2.0/2.5 | 8 | 1 | Bronwyn | 32/42 | 4/10/24 | 5/22/24 |
| 12-130p | Adult Intermediate Clinic 3.0/3.5 | 10 | 1,2 | Bronwyn | 49/64 | 4/10/24 | 5/22/24 |
| 530-630p | Teen (13-18 years) Beginner 1 | 8 | 4 | George | 189/259 or 32/42 | 4/10/24 | 5/22/24 |
| THURSDAY | | | | | | | |
| 1230-2p | Adult Doubles Drill & Play 3.0/3.5 | 10 | 1,2 | Juan | 49/64 | 4/11/24 | 5/23/24 |
| 430-630p | Crusher Tennis Jrs. Intermediate (JV Middle & JV HS) | 18 | 1,2,3 | Robert | 385/525 or 62/82 | 4/11/24 | 5/23/24 |
| 430-530p | Intermediate Juniors 8-12 years | 8 | 4 | George | 189/259 or 32/42 | 4/11/24 | 5/23/24 |
| 530-630p | Low Intermediate Juniors 8-12 years | 8 | 4 | George | 189/259 or 32/42 | 4/11/24 | 5/23/24 |
| 630-730p | Crusher Tennis Jrs. Advanced 8-12 years | 10 | 1,2 | Juan | 189/259 or 32/42 | 4/11/24 | 5/23/24 |
| FRIDAY | | | | | | | |
| 12-130p | Adult Intermediate Clinic 3.0/3.5 | 10 | 1,2 | Eddie | 49/64 | 4/12/24 | 5/24/24 |
| SATURDAY | | | | | | | |
| 1030-1130a | Adult Intro to Tennis (4 weeks only)* | 8 | 4 | Bronwyn | 32/42 | 4/13/24 | 5/4/2024* |
| 1130a-12p | Mommy/Daddy and Me 3-5 years | 8 | 4 | Bronwyn | 98/119 or 16/19 | 4/13/24 | 6/1/24 |
| 12-1p | U6 (5-6 years) Beginner 1/Beginner 2 | 8 and 8 | 4 | Bronwyn | 189/259 or 32/42 | 4/13/24 | 6/1/24 |
| 1-2p | U8 (7-8 years) Beginner 1/Beginner 2 | 8 and 8 | 4,5 | Bronwyn | 189/259 or 32/42 | 4/13/24 | 6/1/24 |
| 2-3p | U12 (9-12 years) Beginner 1/Beginner 2 | 16 | 4,5 | Bronwyn | 189/259 or 32/42 | 4/13/24 | 6/1/24 |
| No classes on Saturday, 5/25, Memorial Day weekend. | | | | | | | |
| SUNDAY | | | | | | | |
| 12-130p | Adult Low Intermediate Clinic 2.5/3.0 | 8 | 1 | George | 49/64 | 4/14/24 | 6/2/24 |
| No classes on Sunday, 5/26, Memorial Day weekend. | | | | | | | |

ADULT CLINICS: Due to high interest, for the clinics with an asterisk (), you must call the front desk & reserve a spot in advance or book through the app.*

Adult Intro To Tennis will be 4 weeks only this session.

You can find our refund policy on line at SportFitClubs.com.

Sport Fit reserves the right to change the schedule and/or cancel classes based on attendance.

Questions? Contact Bronwyn Williams at tennisdirector@sportfitclubs.com