SPORT FIT BOWIE

A Health Club Like No Other

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

TENNIS PROGRAMS

Fall Session 2: October 27th through December 20th

Sessions are 7 weeks. With the Thanksgiving holiday, some classes will not run that week, but still complete a 7 week session.

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 and the class is running. Please see below for beginner class drop ins. 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 or drop in 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 minumum 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. Crusher Tournament must be a 2.5 UTR or see Robert.***

Moving Up Levels: ***To move up from one level class to the next, please speak with the tennis pro, who will recommend if the child is ready and what class is best.***

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.

THANKSGIVING WEEK: Only Monday, 11/23, will have regularly scheduled adult and junior classes. For the remainder of the week, certain/special classes will be held. All classes will complete a 7 week session.

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	11/2/26	12/14/26
430-630p	Crusher Tennis Jrs. Intermediate (Middle & HS)	24	1,2,3	Robert	385/525 or 62/82	11/2/26	12/14/26
430-530p	U6 (5-6 years) Beginner 1/Beginner 2	8	4	Bronwyn	189/259 or 32/42	11/2/26	12/14/26
430-530p	U8 (7-8 years) Beginner 1/Beginner 2	8	5	Bronwyn	189/259 or 32/42	11/2/26	12/14/26
530-630p	U8 (7-8 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	11/2/26	12/14/26
530-630p	U12 (9-12 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	11/2/26	12/14/26
630-8p	Adult Total Workout 4.0+	12	1,2,3	Robert	49/64	11/2/26	12/14/26
TUESDAY							
430-630p	Crusher Tennis Jrs. Tournament (13+ years)	18	1,2,3	Robert	385/525 or 62/82	10/27/26	12/15/26
	No classes Thanksgiving week.						
WEDNESDAY							
11a-12p	Adult Advanced Beg/Lo Interm 2.0/2.5	8	1	Bronwyn	32/42	10/28/26	12/16/26
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Bronwyn	49/64	10/28/26	12/16/26
430-630p	Crusher Tennis Jrs. Intermediate (Middle & HS)	32	1,2,3,4,5	Robert	385/525 or 62/82	10/28/26	12/16/26
630-730p	Crusher Tennis Jrs. Advanced 8-12 years	10	1,2	Robert	189/259 or 32/42	10/28/26	12/16/26
8-930p	Adult Doubles Drill/Play 4.0+	10	1	Coach Neal	49/64	10/28/26	12/16/26
	Only the 11a and 12p adult classes will run Thanksgiving week. No junior classes.						
THURSDAY							
1230-2p	Adult Doubles Drill & Play 3.0/3.5	10	1,2,3	Max	49/64	10/29/26	12/17/26
430-630p	Crusher Tennis Jrs. Tournament (13+ years)	32	1,2,3,5,6	Robert	385/525 or 62/82	10/29/26	12/17/26
430-530p	Intermediate Juniors 8-12 years	8	4	Leon	189/259 or 32/42	10/29/26	12/17/26
530-630p	Teen (13-18 years) Beginner 1 and 2	8	4	Leon	189/259 or 32/42	10/29/26	12/17/26
	No classes Thanksgiving week.						
FRIDAY							
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Leon	49/64	10/30/26	12/18/26
	No classes Thanksgiving week.						
SATURDAY							
930-1030a	Adult Advanced Beginner 1.5/2.0	10	4	Coach Neal	32/42	10/31/26	12/19/26
10-1130a*	*Adult Advanced Doubles Drills 3.0+*	18	1,2,3	Robert	49/64	10/31/26	12/19/26
1030-1130a	Adult Intro to Tennis (Beginner)	10	4	Coach Neal	32/42	10/31/26	12/19/26
1130a-1p	High School Drill and Play (JV High School Only)	18	1,2,3	Max	294/399 or 49/64	10/31/26	12/19/26
1130a-12p	Mom/Dad and Me! 3-5 years	8	4	Leon	98/119 or 16/19	10/31/26	12/19/26
12-1p	U6 (5-6 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	10/31/26	12/19/26
1-2p	U8 (7-8 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	10/31/26	12/19/26
2-3p	U12 (9-12 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	10/31/26	12/19/26
3-4p	Intermediate Juniors 8-12 years	8	4,5	Leon	189/259 or 32/42	10/31/26	12/19/26
	No classes Thanksgiving week.						
SUNDAY							
1130a-1230p	Intermediate Juniors 8-12 years	6	4	Joey	189/259 or 32/42	11/1/26	12/20/26
12-130p	Adult Low Intermediate Clinic 2.5/3.0	8	1	George	49/64	11/1/26	12/10/26
1230-130p	Crusher Tennis Jrs. Advanced 8-12 years	6	4	Joey	189/259 or 32/42	11/1/26	12/20/26
	No classes Thanksgiving week.						

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

Questions? Contact Bronwyn Williams at tennisdirector@sportfitclubs.com