

SPORT FIT BOWIE

A Health Club Like No Other

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

TENNIS PROGRAMS

REGISTRATION BEGINS ON TUESDAY, 8/18

Fall Session 1: September 8 through October 26, 2026; 7 week sessions

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 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!

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 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. Crusher Tournament/Varsity must be a 2.5 UTR or see Robert.

Moving Up Levels: To move up from one level class to the next, please speak to 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.

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	9/14/26	10/26/26
430-630p	Crusher Tennis Jrs. Intermediate (JV Middle & JV HS)	18	1,2,3	Robert	385/525 or 62/82	9/14/26	10/26/26
430-530p	U6 (5-6 years) Beginner 1/Beginner 2	8	4	Bronwyn	189/259 or 32/42	9/14/26	10/26/26
430-530p	U8 (7-8 years) Beginner 1/Beginner 2	8	5	Bronwyn	189/259 or 32/42	9/14/26	10/26/26
530-630p	U8 (7-8 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	9/14/26	10/26/26
530-630p	U12 (9-12 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	9/14/26	10/26/26
630-8p	Adult Total Workout 4.0+	12	1,2,3	Robert	49/64	9/14/26	10/26/26
TUESDAY							
430-630p	Crusher Tennis Jrs. Tournament/Varsity 13+ years (2.5+UTR)	18	1,2,3	Robert	385/525 or 62/82	9/8/26	10/20/26
630-730p	Teen (13-18 years) Beginner 2	10	1,2	Robert	189/259 or 32/42	9/8/26	10/20/26
WEDNESDAY							
11a-12p	Adult Advanced Beg/Lo Interm 2.0/2.5	8	1	Bronwyn	32/42	9/9/26	10/21/26
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Bronwyn	49/64	9/9/26	10/21/26
430-630p	Crusher Tennis Jrs. Intermediate (JV Middle & JV HS)	24	1,2,3,4	Robert	385/525 or 62/82	9/9/26	10/21/26
630-730p	Crusher Tennis Jrs. Advanced 8-12 years	10	1,2	Robert	189/259 or 32/42	9/9/26	10/21/26
8-930p	Adult Doubles Drill/Play 4.0+	10	1	Coach Neal	49/64	9/9/26	10/21/26
THURSDAY							
1230-2p	Adult Doubles Drill & Play 3.0/3.5	10	1,2	Max	49/64	9/10/26	10/22/26
430-630p	Crusher Tennis Jrs. Tournament/Varsity 13+ years (2.5+UTR)	24	1,2,3,5	Robert	385/525 or 62/82	9/10/26	10/22/26
430-530p	Intermediate Juniors 8-12 years	8	4	Leon	189/259 or 32/42	9/10/26	10/22/26
530-630p	Teen (13-18 years) Beginner 1 and 2	8	4	Leon	189/259 or 32/42	9/10/26	10/22/26
FRIDAY							
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Leon	49/64	9/11/26	10/23/26
SATURDAY							
930-1030a	Adult Advanced Beginner 1.5/2.0	10	4	Coach Neal	32/42	9/12/26	10/24/26
1030-1130a	Adult Intro to Tennis	10	4	Coach Neal	32/42	9/12/26	10/24/26
1130a-12p	Mom/Dad and Me! 3-5 years	8	4	Leon	98/119 or 16/19	9/12/26	10/24/26
12-1p	U6 (5-6 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	9/12/26	10/24/26
1-2p	U8 (7-8 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	9/12/26	10/24/26
2-3p	U12 (9-12 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	9/12/26	10/24/26
3-4p	Intermediate Juniors 8-12 years	8	4,5	Leon	189/259 or 32/42	9/12/26	10/24/26
SUNDAY							
12-130p	Adult Low Intermediate Clinic 2.5/3.0	8	1	George	49/64	9/13/26	10/25/26

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

Questions? Contact tennisdirector@sportfitclubs.com