

JUNIOR CLINIC SCHEDULE

Monday	
4:00 – 5:00 pm	Fitness - <i>Advanced Strength Training & Conditioning</i> <small>(Sign up includes Monday, Wednesday & Thursday classes plus 2 optional days)</small>
4:00 – 5:00 pm	Junior Quickstart Tennis Academy
4:00 – 5:30 pm	Junior Tennis Academy
4:30 – 6:00	Focus Fitness (30 minutes off court training, 1-hour on court training)
5:30 – 7:00 pm	Junior Tennis Academy
5:30 - 7:30 pm	Travel Team Clinic
Tuesday	
4:00 – 5:00 pm	Fitness - <i>Fundamental Athletic Development</i>
4:00 - 5:00 pm	Junior Quickstart Tennis Academy
4:30 - 6:00 pm	Junior Tennis Academy
5:00 – 6:30 pm	High School Team Training
Wednesday	
4:00 - 5:00 pm	Junior Quickstart Tennis Academy
4:30 – 5:30 pm	Fitness - <i>Advanced Strength Training & Conditioning</i> <small>(Sign up includes Monday, Wednesday & Thursday classes plus 2 optional days)</small>
5:00 – 6:30 pm	Junior Tennis Academy
5:30 - 7:30 pm	Travel Team Clinic
Thursday	
4:00 – 5:00 pm	Fitness - <i>Advanced Strength Training & Conditioning</i> <small>(Sign up includes Monday, Wednesday & Thursday classes plus 2 optional days)</small>
4:00 - 5:00 pm	Junior Quickstart Tennis Academy
4:00 - 5:30 pm	Junior Tennis Academy
5:00 - 7:00 pm	Travel Team Clinic (hard court training)
5:30 - 7:00 pm	High School Team Training
Friday	
4:00 – 5:00 pm	Fitness - <i>Fundamental Athletic Development</i>
4:00 – 5:00 pm	Junior Quickstart Tennis Academy
4:00 - 5:30 pm	Junior Tennis Academy
Saturday	
9:00 – 10:00 am	Junior Quickstart Tennis Academy
11:30 – 1:00 pm	Junior Tennis Academy
1:00 – 2:30 pm	High School Team Training
1:00 – 3:00 pm	Travel Team Clinic
3:00 – 4:00 pm or 4:00 – 5:00 pm	Flex Ladder Matches with Coach <small>(8-week session 1 hour matches can be at any time)</small>
Sunday	
11:30 - 1:00 pm	Junior Tennis Academy
1:00 – 2:30 pm	High School Team Training
3:00 – 5:00 pm	Team Tennis Match Play (8-week session – NO DROP-IN!)
Please see the reverse for our Junior Session dates and program policies.	

Junior Program Policies:

- ☉ All students must be placed in a clinic by a senior pro.
- ☉ Clinics **MUST** be prepaid to reserve a player's spot.
- ☉ If you do not pre-pay, player will be charged a daily rate for the class (players who pay daily rate are not guaranteed a spot in the class.)
- ☉ There is a minimum of 4 players in each clinic, if that minimum is not met, players will be moved to other classes.
- ☉ There is only 1 make-up allowed per session - and it must be made up **DURING** the session the class was missed. Classes may be made up only if you call to notify the club before the missed class.
- ☉ Photos of players may be used on Frog Hollow's web site, publications, advertisements and other collateral materials.
- ☉ All junior clinics & camps are non-refundable and non-transferable.
- ☉ Participation in junior program means that both players and parents have read and will abide by the program policies.

Junior Clinics Session Dates

Session 1: September 14th – October 25th

Session 2: October 26th – December 6th

Session 3: December 7th – January 31st

There will be a 2-week break from clinics from

December 21 – January 3rd (clinics resume January 4th)

Session 4: February 1st – March 14th

Session 5: March 15th – April 25th

**APRIL 26th 5-WEEK SUMMER
SESSIONS BEGIN**

Junior Match Play Session Dates

Session 1: September 14th – November 8th

Session 2: November 15th – January 17th

There will be a 2-week break from match play from
December 21 – January 3rd (clinics resume January 4th)

Session 3: January 24th – March 21st

Session 4: March 28th - May 10th

Questions? Call (610) 584-5502, Email Info@FrogTennis.com or visit www.FrogTennis.com

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FOR UP TO DATE SCHEDULES**