



A Plus Tennis

Junior Training Program

Early Development Classes

Burke Racquet and Swim Club

2024-2025

A Plus Tennis Junior Program offers comprehensive tennis instruction for every age group from a player's first strokes to collegiate level. Our program is focused on three specific areas; skills acquisition, practice / development and competitive application. Players graduate to a higher level based on their progress, ability and commitment.

Classes will be held indoors at Burke Racquet & Swim Club (BRSC). In the event of questionable weather conditions, please check our website at www.aplustennisva.net one hour prior to the start of class or call 703-250-1299.

Class Schedule 2024-2025

Start Date: September 3, 2024

End Date: June 9, 2025

***Holidays / Breaks:** No classes | Nov. 26 – Dec. 1 | Dec. 23 – Jan. 5 | Apr. 14 – Apr. 20 | May 24 - May 26

ORANGE & GREEN BALL PRICING (1.5 HOURS)

35 weeks = Saturday & Sunday

36 weeks = Monday, Tuesday, Wednesday, Thursday & Friday

WEEKS		DURATION	MEMBER	NON-MEMBER
35 classes	(1x / wk)	1.5 hours	\$1,925	\$2,100
36 classes	(1x / wk)	1.5 hours	\$1,980	\$2,160
70 classes	(2x / wk)	1.5 hours	\$3,655	\$3,990
72 classes	(2x / wk)	1.5 hours	\$3,760	\$4,100
105 classes	(3x / wk)	1.5 hours	\$5,310	\$5,795
108 classes	(3x / wk)	1.5 hours	\$5,460	\$5,960

RED BALL PRICING (1 HOUR)

WEEKS		DURATION	MEMBER	NON-MEMBER
35 classes	(1x / wk)	1 hour	\$1,295	\$1,435
36 classes	(1x / wk)	1 hour	\$1,332	\$1,476
70 classes	(2x / wk)	1 hour	\$2,460	\$2,726
72 classes	(2x / wk)	1 hours	\$2,530	\$2,805

Junior Program Policies

A Plus Tennis Junior Program consists of 35 to 36 weeks of tennis instruction beginning September 3rd and ending June 9th. First installment is due upon application and is 1/3 of overall bill. The remaining balance will be charged in two installments billed to the student's A Plus Tennis club account on December 1st and March 1st. In the case of withdrawal, a fee of \$200 will be assessed unless space can be filled. We offer open enrollment for new students with prorated tuition from the time of enrollment on a space available basis. Our policy regarding High School players intending to play for their school team requires email notification to aplustennisva.net beginning in February of 2025. Players can be prorated based on the date of notification.

Makeups: We will do our best to accommodate makeup requests but we cannot guarantee them. We do not offer refunds for missed tennis classes. If you are requesting a makeup, you must email A Plus Sports at aplustennisva.net with the date that your child will be absent from clinic. From there, we will look for a makeup opportunity in the level that your child is enrolled. Makeups must receive approval prior to attendance. Makeups can only be used for junior programming clinics during the session in which your player is enrolled. Please note that students are supervised only while on court during class and are not supervised off court, before or after the class. If you have questions, please contact us at 703-250-1299 or aplustennisva.net.

CLASS DESCRIPTIONS

EARLY DEVELOPMENT CLASSES

Early developmental classes emphasize stroke development alongside core functional aspects of the tennis game. With movement, positioning, and technical parts of tennis being the primary focus, this selection of classes is an ideal fit for the newer students of the sport.

FUNDamental Red

Using the United States Tennis Association approved protocol, this class is designed for the 8 years and under age group, utilizing a 36' court and low compression balls. The goal of the class is to introduce and develop tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun.

Rally Red

In this class, students will also learn to start and maintain rallies with groundstrokes. Emphasis on technique, motor development, stroke production and movement between shots. Students will learn our Moving, Adjusting, Positioning (MAP) system in order to prepare to play tennis at a higher level.

FUNDamental Orange

Typically for the new 10 and under tennis player. Using a 60' court, students to learn the foundation of basic stroke development. The class emphasizes and breaks down all commonly-used strokes. Instructors will regularly review grips, footwork and strokes. Students will learn tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun.

FUNDamental Green

Designed to accommodate less experienced 12 and under age group. Similar to the other FUNDamental classes, students will learn tennis related athletic skills and proper tennis groundstrokes with an emphasis on having fun on a full size tennis court. There is a high emphasis on using our Moving, Adjusting, Positioning (MAP) system in order to properly develop athletic rallying skills on a full size court.

FUNDamental Yellow

Students older than 12 learning how to play tennis, will fit nicely in this class. Using regular balls on a full-size court, the goal of this entry level class is to quickly develop rally skills using our MAP system.

CLASS OFFERINGS

FUNDAMENTAL RED

(5-8 YEAR OLDS)

WEDNESDAY 6-7PM _____
SATURDAY 9:30-10:30AM _____
SUNDAY 11-12PM _____

RALLY RED

(5-8 YEAR OLDS)

WEDNESDAY 6-7PM _____
SATURDAY 9:30-10:30AM _____
SUNDAY 11-12PM _____

FUNDAMENTAL ORANGE

(8-10 YEAR OLDS)

WEDNESDAY 6-7:30PM _____
SATURDAY 10:30-12PM _____
SUNDAY 1:30-3PM _____

FUNDAMENTAL GREEN

(10-12 YEAR OLDS)

FRIDAY 6-7:30PM _____
SATURDAY 3-4:30PM _____
SUNDAY 12-1:30PM _____
SUNDAY 3-4:30PM _____

FUNDAMENTAL YELLOW

MONDAY 5:30-7PM _____
FRIDAY 7:30-9PM _____
SATURDAY 3-4:30PM _____
SATURDAY 4:30-6PM _____
SUNDAY 4:30-6PM _____

A PLUS TENNIS CLIENT REGISTRATION

PLAYER INFORMATION

STUDENT'S NAME: _____ DATE OF BIRTH: _____
PARENT'S NAME: _____ PARENT'S EMAIL: _____
ADDRESS: _____
CITY: _____ ST: _____ ZIP: _____
STUDENT'S CELL: _____ PARENT'S CELL: _____

EMERGENCY CONTACT INFO

NAME: _____ PHONE NUMBER(S): _____
SIGNATURE OF PARENT / GUARDIAN: _____
HEALTH INSURANCE COMPANY: _____ POLICY #: _____

PAYMENT INFORMATION

PAYMENT METHOD: CHECK _____ CASH _____ CC ON FILE _____

Credit card payments will be taken through our online portal. Please email aplus@aplustennisva.net for access

Total Owed \$ _____ Total amount to be billed \$ _____ (First Third Installment)

*First installment is due upon application and is 1/3 of overall bill. The remaining balance will be charged in two installments billed to the student's A Plus Tennis club account on December 1 and March 1st using the card on file. There will be no refunds for missed clinics. **In the case of withdrawal, a fee of \$200 will be assessed unless space can be filled. A 10% late fee will be assessed (from the overall total due) for any payments that are over 14 days past due.** As a condition of the enrollment in A Plus Tennis LLC (APT) Lesson Program & Camps, the player does hereby assume the risk inherent in the participation of such activities and has disclosed any and all inherent handicaps or disabilities that player may have. Although APT & BRSC are taking the appropriate precautions to combat COVID-19 or other viruses it is up to the individual players to help safeguard themselves and the people with which they play. The player does hereby acknowledge that APT and BRSC shall not be liable for any damages arising from personal injuries or damages sustained by the player in, on, or about the premises of BRSC, APT or George Mason University. The respective player assumes full responsibility for any injuries or damages that might arise from the participation by the player and does hereby and forever release and discharge APT, owners, employees, and agents from any and all claims, demands, damages, rights or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out the player's use and participation in the activities of the APT Lesson Program & Camps. Please note that BRSC is closed on New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. By signing below, I acknowledge that I have fully read and understood the A Plus Sports policy.

Parent/Legal Guardians name (print) _____

Signature _____