



# A Plus Tennis

## Junior Training Program

### Low Compression Classes (12 & Under)

### Burke Racquet and Swim Club

### 2025-2026

**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](http://www.aplustennisva.net) one hour prior to the start of class or call 703-250-1299.

### Class Schedule

**Start Date:** September 2, 2025

**End Date:** June 15, 2026

**\*Holidays / Breaks:** No classes | Nov. 25 – Nov. 30 | Dec. 22 – Jan. 4 | Feb. 9 - Feb. 20 | Mar. 30 – Apr. 5 | May 22 - May 25

### ORANGE & GREEN BALL PRICING (1.5 HOURS)

35 weeks = Monday, Friday, Saturday & Sunday

36 weeks = Tuesday, Wednesday, Thursday

WEEKS		DURATION	MEMBER	NON-MEMBER
35 classes	(1x / wk)	1.5 hours	\$1,995	\$2,205
36 classes	(1x / wk)	1.5 hours	\$2,052	\$2,268
70 classes	(2x / wk)	1.5 hours	\$3,790	\$4,190
72 classes	(2x / wk)	1.5 hours	\$3,898	\$4,310
105 classes	(3x / wk)	1.5 hours	\$5,386	\$5,995
108 classes	(3x / wk)	1.5 hours	\$5,460	\$6,124

### RED BALL PRICING (1 HOUR)

WEEKS		DURATION	MEMBER	NON-MEMBER
35 classes	(1x / wk)	1 hour	\$1,330	\$1,470
36 classes	(1x / wk)	1 hour	\$1,368	\$1,512
70 classes	(2x / wk)	1 hour	\$2,527	\$2,793
72 classes	(2x / wk)	1 hours	\$2,599	\$2,873

### Junior Program Policies

**The A Plus Tennis Junior Program** runs for **35-36 weeks, from September 2nd to June 15th**. The **first installment**, one-third of the total bill, is **due upon application**. The **remaining balance** will be charged in two equal installments to your student's A Plus Tennis club account on **December 1st and March 1st**. A **\$200 withdrawal fee** will be assessed unless the vacated spot can be filled. We offer **open enrollment** for new students with tuition **prorated** from their enrollment date, subject to space availability. High school players intending to play for their school team must **email notification to [aplus@aplustennisva.net](mailto:aplus@aplustennisva.net) beginning in February 2026**; their tuition can be **prorated** based on the notification date from February.

**Makeups:** We strive to accommodate makeup requests for missed tennis classes, however, please note that **makeups are not guaranteed, and refunds for missed classes are not provided**. If you are requesting a makeup, you must email A Plus Sports at [aplus@aplustennisva.net](mailto:aplus@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 actively 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 [aplus@aplustennisva.net](mailto:aplus@aplustennisva.net).

# CLASS DESCRIPTIONS

## EARLY DEVELOPMENT CLASSES

### **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.

## COMPETITIVE DEVELOPMENT CLASSES

"Competition" is the emphasis for this level. This level stresses offensive and defensive situational drills during a match. Instructors will work with students on development of technical, mental and strategic skills used in match play. It is recommended that students participate in match play classes at their level.

### **Competitive Orange**

Typically for 10 & Under players that has exhibited the ability to rally. Due to the matchplay focus, serve reliability and court coverage are greatly emphasized.

### **Competitive Orange Plus**

Students under 10 that are regularly competing in USTA tournament play are eligible for this class.

### **Competitive Green**

Typically for 12 & under players that are able to rally and serve consistently. The emphasis is point production in both singles and doubles.

### **Competitive Green Plus**

Students under 12 that are regularly competing in USTA tournament play.

## 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 \_\_\_\_\_

### COMP. ORANGE

(8-10 YEAR OLDS)

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

### COMP. ORANGE PLUS

(8-10 YEAR OLDS)

THURSDAY 7:30-9PM \_\_\_\_\_  
 SATURDAY 10:30-12PM \_\_\_\_\_  
 SUNDAY 1:30-3:00PM \_\_\_\_\_

### FUNDAMENTAL GREEN

(10-12 YEAR OLDS)

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

### COMP. GREEN

(10-12 YEAR OLDS)

SATURDAY 1:30-3PM \_\_\_\_\_  
 SATURDAY 3-4:30PM \_\_\_\_\_  
 SUNDAY 12-1:30PM \_\_\_\_\_  
 SUNDAY 3-4:30PM \_\_\_\_\_

### COMP. GREEN PLUS

(10-12 YEAR OLDS)

TUESDAY 7:30-9:00PM \_\_\_\_\_  
 SATURDAY 1:30-3:00PM \_\_\_\_\_  
 SATURDAY 3:00-4:30PM \_\_\_\_\_  
 SUNDAY 12-1:30PM \_\_\_\_\_  
 SUNDAY 3-4:30PM \_\_\_\_\_

## 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](mailto: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 of 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 \_\_\_\_\_