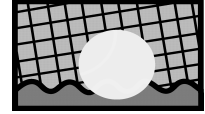


# ROGUE VALLEY SWIM & TENNIS CLUB

## FIST—Frank Inn School of Tennis



The School Year Junior Program runs from September 2011 through the end of school in June 2012. The group lessons, depending on ability, are once, twice or three times a week. You sign up for the month, unless specified. Classes are after school and on weekends. There is a class and schedule that will fit any age and ability. Private or group lessons can always be arranged. Ask about Junior Tournaments, Junior Team Tennis, Junior Ladders and Cardio Tennis. For more information, call 541-734-2222. Visit us on-line at [www.roguevalleyswimandtennis.com](http://www.roguevalleyswimandtennis.com) or become a fan on Facebook.

### 2011-2012 SCHOOL YEAR - JR. PROGRAMS

#### Little Champs

Monday & Wednesday, 3:30-4:00pm  
Fee: \$38 member, \$44 non member

#### Beginning Champs

Monday & Wednesday, 4:00-4:30pm  
Fee: \$38 member, \$44 non member

#### Future Champs

Monday & Wednesday, 4:30-5:30pm  
Fee: \$76 member, \$88 non member

#### Rookies I (Tournament Development Group)

Tuesday & Thursday, 4:00pm-5:00pm  
Fee: \$76 member, \$88 non member

#### Rookies II

Monday & Wednesday, 4:00pm-5:00pm  
Fee: \$76 member, \$88 non member

#### Challengers

Tuesday & Thursday, 4:00pm-5:00pm  
Fee: \$76 member, \$88 non member

#### Champs

Tues, Wed & Thurs, 5:00pm-6:00pm  
Fee: \$114 member, \$132 non member

#### Speed & Agility with Brady Inn

Monday, 5:00pm-6:00pm, High School Age  
Tuesday, 5:00pm-6:00pm, Middle School Age  
Fee: \$50 per month

#### Little Champs (ages 4-6)

This group will be working on balance, movement, agility, coordination, throwing, catching and hitting.

#### Beginning Champs:

This group will be working on forehand and backhand rally skills, underhand serve and volley. QuickStart scoring and modified match play on a 36 ft. court will be introduced.

#### Future Champs:

This group will be working on the overhand serve, overhead and approach shots. QuickStart scoring and match play on a 60 ft. court will be introduced.

#### Rookies I (Tournament Development Group)

By Invitation Only. This group is for players who are, or will be playing rookie and challenger tournaments. A commitment by parents and players is necessary to participate in this group.

#### Rookies II

This group is for intermediate players who already know how to keep score and rally. High school junior varsity tennis players should sign up for this group.

#### Challengers

This group is for players who are playing USTA Challenger tournaments or have been successful Rookie tournament players. High School varsity tennis players should sign up for this group.

#### Champs

By Invitation Only. Champ tournament level and ranked players who want to play college tennis.

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### ADULT PROGRAMS

#### MONDAY Night Men's Doubles (3.0/3.5 ntp)

6:00pm - Members only. SIGN UP REQUIRED, Ball Charge

#### Wednesday Night Men's Doubles (4.0 ntp or higher)

6:00pm - Members only. SIGN UP REQUIRED, Ball Charge

#### Thursday Night Women's Doubles (3.5 ntp or higher)

6:00pm - Members only. SIGN UP REQUIRED, Ball Charge

#### Thursday Night Workout (4.5 ntp or higher)

7:00pm - Members and non members. Occasional ball charge

#### Friday Night Mixed Doubles

A member-run mixed doubles social. Call for more information

CARDIO Tennis - This class is for everyone who wants a great work-out! You will be going through moving drills, racquet fed and live balls, and many other activities to keep your feet moving and your heart pumping. No previous tennis experience required.

Tuesday 7:00pm and Friday 12:00pm. Fee: \$8 per class - members and non members welcome.

Men's/Women's Adult Singles Ladder - Singles challenge ladder. Members are responsible for making their own challenges and providing their own balls. Call the front desk to be put on the ladder board.

USTA Adult League Tennis - Men's, Women's, and Mixed Adult League, Sr. League and Super Senior Leagues available at all levels.

#### Men's 3.0/3.5 Morning Workout—Tuesday & Thursday 6:00am

Members only. No Charge

#### Sr. Men's 3.0/3.5 Morning Drop In - Tuesday & Thursday 7:00am

Members only. No Charge

#### Sr. Adult Morning Drop In - Tuesday & Thursday 9:00am

Members only. No Charge

#### Saturday Morning Drop In (3.5 ntp or higher)

7:30am - Members only. No charge.

# 541 - 734 - 2222

**Tennis Professionals**  
**Frank Inn Jr. - Director of Tennis**  
**Don Neuner - Teaching Professional**  
**Dana Smith - Tennis Instructor**