SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE

Leisure Services Department **Parks and Recreation**

Junior Training
Group Tennis lessons

July

Monday	Jul 6 - Jul 27	Code	Price
10 & Under	5 - 7 p.m.	36897	$52
11 & Over	5 - 7 p.m.	36894	$52
Thursday	**Jul 9 - Jul 30**		
11 & Over	5 - 7 p.m.	36895	$52
Friday	**Jul 10 - Jul 31**		
11 & Over	5 - 7 p.m.	36896	$52

August

Monday	Aug 3 - Aug 31	Code	Price
10 & Under	5 - 7 p.m.	36906	$65
11 & Over	5 - 7 p.m.	36903	$65
Thursday	**Aug 6 - Sep 3**		
11 & Over	5 - 7 p.m.	36904	$65
Friday	**Aug 7 - Sep 4**		
11 & Over	5 - 7 p.m.	36905	$65

REGISTRATIONS ARE TO BE DONE IN PERSON ONLY
ACCEPTABLE PAYMENT OPTIONS: CASH OR CHECK MADE PAYABLE TO "SEMINOLE COUNTY"
CREDITS ARE ISSUED FOR RAIN-OUTS AND MEDICALLY EXCUSED ABSENCES ONLY

Sylvan Lake Park (407) 665-2180

845 Lake Markham Road, Sanford, FL 32771 • RAIN OUT LINE: (407) 665-PARK (7275) • Open M - F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks

IT STARTS IN PARKS
Coaching. Connecting. Community.

Commission for Accreditation of Park and Recreation Agencies CAPRA ACCREDITED

USTA

quickstart tennis program

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Junior Training Tennis Overview

Sylvan Lake Park's Junior Training Program is a USTA approved "Local Excellence Training Center." The concepts and methods used by the staff are the same ones used by the USTA for elite Junior Players. Emphasis is on the Four (4) "F's": Fundamentals, Footwork, Fitness, and Fun!! The daily format combines instruction with practice and match play and includes structured drills and on court games to improve player skills, tactics, and techniques. Participants are organized by skill level in-groups of up to 8 players.

Levels

- **Recruit (10 and Under)**: Using the USTA's high performance 10 and under format, students will learn while using the red ball/36' court, orange ball/ 60' ft court and green ball/78' ft courts. Emphasis will be on further development of technique and match play.

- **Competition (11 and Over)**: For the player who has successfully completed the Junior Development tennis lesson program and JT Recruit, is able to serve and maintain a rally of controlled shots, can keep score, and is capable of competing at the Junior Team Tennis and Rookie Tournament level.

Things to Remember

- New players must have the permission from a Sylvan Lake Park Tennis Professional prior to registration.
- Junior Training Fees include tennis court time from 12:00 p.m. until 6:00 p.m. depending on court availability. Please check in at the office before playing.
- Credits for paid programs are issued only when there is proof of sickness, injury, or for inclement weather and must be approved by the Recreation Supervisor. Players will be encouraged to participate in USTA Junior Team Tennis and/or USTA sanctioned tournaments. The tennis staff will provide the appropriate information for the different ability levels.

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