



Belmont Fitness & Tennis Summer 2010 Newsletter
Chris Jones / Owner & Head Tennis Professional / Certified USPTA member



Belmont Fitness & Tennis will continue offering Tennis Instruction for the community this Summer & Fall. I really appreciate the continued support & participation we have received since starting back with our 2010 Spring season. We will kickoff the Summer season with classes on T/Th & will also be offering a Summer Camp for youth ages 6-14. Be sure & check out our upcoming Adult Tennis Mixer & additional group classes for all ages & skill levels.

Please visit www.BelmontFitness.com for schedule updates & upcoming classes/events.

*All classes held at Davis Park, 204 Park Dr., Belmont, NC 28012

Summer Lesson Schedule effective June 17th 2010

Thursday afternoon/evening beginning Tuesday, June 17th

- **Kinder Tennis** (ages 4-6) **5:00-6:00 pm** (\$10 per class)
- **Rising Stars** (ages 7-11) **5:00-6:00 pm** (\$10 per class)
- **Junior World Class Clinic** (Intermediate) ages 12-up **5:00-6:30 pm** (\$15 per class)

Saturday's mornings/early afternoon

- **Kinder Tennis** (ages 4-6) **9:15-10:00 am** (\$10 per class)
- **Rising Stars** (ages 7-11) **10:00-11:00 am** (\$10 per class)
- **Future Aces** (Beginner) ages 12-up **10:00-11:00 am** (\$10 per class)
- **Junior World Class Clinic** (Intermediate) ages 12-up **11:00-12:30 pm** (\$15 per day)
- **Adult Beginner Lessons** (ages 15-up) **11:00-12:00 pm** (\$10 per class)
- **Adult Co-Ed Tennis Clinic/Social** (ages 15-up) **12:30-2:30 pm** (\$10 per day)



Davis Park Youth Tennis Camp (all skill levels ages 6-14)
Tuesday's/Thursday's beginning June 22nd/2010 (9:00am-11:30pm)

Campers will have a great time learning the game of tennis. Skill concentration will include forehand, backhand, volley & serve. Campers will also learn the basic rules of tennis & participate in various drills & games designed to enhance their skills & promote continued participation in the sport. Tennis etiquette is highlighted & expected throughout camp. Bottled Water & Snacks will be provided.

Belmont Fitness & Tennis certified USPTA Teaching Pro's Chris Jones, Matt Milton & Allie Mudrey will direct the camp. Jr. Assistants will also assist lead Instructors. We are certified in Infant, Child, & Adult CPR & First Aid.

June Camp Dates:

Tue.06/22, Th.06/24, Tue.06/29

July Camp Dates: Tue.07/06, Th.07/08, Tue.07/13, Th.07/15. Tue.07/20, Th.07/22, Tue.07/27, Th.07/29

Fees: \$30 per day Registration: Call Coach Chris @ (704)756.8671, email: chris@belmontfitness.com for more info.

Friday evening Adult Social/Mixer
June 25th & July 23rd @6:30-9:00pm

Location: Davis Park Tennis Courts **Ages:** 18 & up **Fees:** \$15 per person



call: (704)756.8671 to RSVP your spot. **Only 16 spots available** (additional dates TBA)

Its Friday, get a babysitter, grab your racquet & get ready to unwind with some Tennis action!

This is a great opportunity to get out & improve your Tennis game, meet new Tennis friends & have fun. Everyone meets to play doubles, singles & mixed doubles. On court supervision, Instruction, stroke analysis/assessment & even work on mechanics & technique. Cardio burning Tennis drills & On-court games will be used. The level of players will vary from 2.5 (Advanced Beginner) - 4.0+ (Intermediate) for the clinic. Pizza, snacks & bottled water will be provided - you are welcome to bring your own choice of refreshments to enjoy.

We will have up to 3 Certified USPTA Tennis Teaching Pro's/Coaches on hand to assist with the clinic.