



OverLook Tennis Summer 2010 Newsletter & schedule of events



Belmont Fitness & Tennis will continue offering Tennis Instruction for the OverLook 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 M/W & will also be offering a Summer Camp for youth ages 6-14. Be sure & check out our upcoming Friday evening Adult Tennis Mixer & additional group classes for all ages & skill levels.

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

Summer Lesson Schedule effective June 14th 2010

Monday/Wednesday morning's beginning Monday, June 14th

- **Pee Wee Tennis** (Beginner) (ages 3 & 4) **9:15-10:00 am** (\$10 per class)
- **Tennis Stars** (ages 5,6,7,8) **10:15-11:15 am** (\$10 per class)
- **Tennis Aces** (ages 9,10,11,12,13,14) **11:30-12:30 pm** (\$10 per class)

Monday/Wednesday afternoon/evening beginning Monday, June 14th

- **Kinder Tennis** (ages 5-7) **4:00-4:45 pm** (\$10 per class)
- **Rising Stars** (ages 8-13) **5:00-6:00 pm** (\$10 per class)
- **Adult Beginner & Future Aces** (ages 14 & up) **6:00-7:00 pm** (\$10 per class)

Tuesday morning Ladies only! Beginner/Intermediate clinic

- **Ladies Only** 8:30 – 9:30 am beginning Tues., June 15th (\$10 per class)



OverLook Youth Tennis Camp (all skill levels ages 6-14) Friday's beginning June 18th/2010 (9:30am-12:00pm)

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.

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: Fri.06/18, Fri.06/25 **July Dates:** Fri.07/09, Fri.07/16, Fri.07/23, Fri.07/30

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

Friday evening **Adult Social/Mixer** **June 18th & July 9th @6:30-9:00pm**

Location: OverLook Swim & Tennis Club **Ages:** 21 & up **Fees:** \$15 per person



call: (704)756.8671 to RSVP your spot. **Only 12 spots available** (additional dates TBA)

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

This is a great opportunity to get out & improve your Tennis game, meet your Tennis neighbors & 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.

Chris Jones / Owner & Head Tennis Professional / Certified **USPTA** member



For more information call (704)756.8671, by e-mail (chris@belmontfitness.com) or visit www.BelmontFitness.com

Also offering Private, semi-private & small group lessons – please inquire for pricing & availability.