

Harbor Square

ATHLETIC CLUB

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 AM							
8:00-9:30 AM							
9:30-11:00 AM	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>STROKE PRODUCTION</u> Andy		
11:00-12:30 AM/PM	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>ANDY CAMPS</u> Andy	<u>STROKE PRODUCTION</u> Andy		
12:30-2:00 PM			<u>ERIC PRIVATE WORKOUT</u> Eric				
2:00-3:30 PM			<u>ERIC PRIVATE WORKOUT</u> Eric				
6:30-8:00 PM		<u>Skills & Drills</u> Eric	<u>3.0 Ladies Workout</u> Closed Group Joe	<u>Beginners</u> 6:30-7:30PM Court 8 1 Hour Micah			
8:00-9:00 PM							

Adult Group Tennis Class Descriptions

Andy Camps:

- Focus: Repetition/Stroke Production, Knowledge, Racquet Skills, ½ Stroke Production, ½ Point Play
- Skill Level: See Schedule level varies times
- Cost: Member: \$120/4 days / Non-Member: \$145/4 days

Stroke Production:

- Focus: volleys, ground strokes, and serve mechanics
- Skill Level: See schedule level varies days and times
- Cost: Member: \$25 / Non-Member: \$28(Drop In)

Skills & Drills:

- Focus: Learning different strokes & specialty shots
- Skill Level: 3.0 and Up
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

3.0 Ladies Workout:

- Focus: **CLOSED WORKOUT**- Team Drilling with Joe
- Skill Level: 3.0
- Cost: Member: \$20 / Non-Member: \$24

Beginners:

- Focus: Beginner Basics (Thursday's Class will be held on court 8)
- Skill Level: Beginners
- Cost: Member: \$15 / Non-Member: \$15 (Drop In)

Eric Private Group:

- Focus: **CLOSED WORKOUT**- Team Drilling with Eric
- Skill Level: 3.0

2018 Junior Tennis Camp Quick Start

Monday	Tuesday	Wednesday	Thursday
June 25th Quickstart 2:00pm-3:30pm	June 26th Quickstart 2:00pm-3:30pm	June 27th Quickstart 2:00pm-3:30pm	June 28th Quickstart 2:00pm-3:30pm
July 9th Quickstart 2:00pm-3:30pm	July 10th Quickstart 2:00pm-3:30pm	July 11th Quickstart 2:00pm-3:30pm	July 12th Quickstart 2:00pm-3:30pm
July 16th Quickstart 2:00pm-3:30pm	July 17th Quickstart 2:00pm-3:30pm	July 18th Quickstart 2:00pm-3:30pm	July 19th Quickstart 2:00pm-3:30pm
July 23th Quickstart 2:00pm-3:30pm	July 24th Quickstart 2:00pm-3:30pm	July 25th Quickstart 2:00pm-3:30pm	July 26th Quickstart 2:00pm-3:30pm
July 30th Quickstart 2:00pm-3:30pm	August 1st Quickstart 2:00pm-3:30pm	August 2nd Quickstart 2:00pm-3:30pm	August 3rd Quickstart 2:00pm-3:30pm
August 6th Quickstart 2:00pm-3:30pm	August 7th Quickstart 2:00pm-3:30pm	August 8th Quickstart 2:00pm-3:30pm	August 9th Quickstart 2:00pm-3:30pm

QuickStart Camp

Slower balls, Smaller courts, and properly fitting racquets provide your child with accelerated tennis development while experiencing success and gaining confidence. The slower the balls and smaller courts allow players to practice correct technique. Developing sound fundamentals while having fun in a structured, high energy environment is the emphasis of all QuickStart camp and classes at HSAC.

LEVEL 4

This camp is geared toward younger players (approximately 6-11 years old). Players will be taught hand-eye coordination, low to high swing patterns and groundstrokes, correct volley technique, and develop targeting skills with their shots. The positive environment encourages players of all levels. More experienced player will progress to rally and point play throughout the camp.

LEVEL 3

This camp is geared toward experienced upper elementary and beginner middle school players (approximately 11-16 years old). Players will develop volley and groundstroke techniques while learning court positioning and smart shot selection. Reaction volley and rally groundstroke drills as well as point play allow players to learn in "live ball" setting for maximum improvement. This fast paced camp engages players while improving their strokes and strategy.

**COST: Members \$100/camp
Non-Members \$120/camp**



SUMMER JUNIOR TENNIS CAMP

COST:

- Member cost: \$175
- Non-Member: \$195

DATES:

- June 25th - 28th
- July 9th - 12th
- July 16th - 19th
- July 23rd - 26th
- July 30th - August 2nd
- August 6th - 9th
- August 13th - 17th

QUICK START CAMP

Also offered for ages 6
and up. Same dates, but
times are 2pm to 3:30pm

TIMES:

- Every day from 3:30pm to 6:30pm

Come join Coach Eric and Micah as they teach your junior the needed skills to improve their tennis game! Camp will include instruction, match play, and tons of fun. Snacks and prizes will be provided.

Call us : 425-778-3546
Harbor Square Athletic Club
160 W Dayton Street
Edmonds, WA 98020