



# TENNIS SQUIRTS

## Ages 3-6 ♦ Boys & Girls

# LONG HILL TWP

In Association with Long Hill Recreation Department

In association with



EASTERN



Tennis Squirts is a fun-filled learning adventure that introduces children to the world of tennis. Following guidelines set out by the US Tennis Association (USTA), children will quickly develop their tennis skills; such as movement, coordination and swing technique, using the highly appraised Quickstart Tennis Model.



Our enthusiastic staff follow curriculums and guidelines laid out by the USTA, which includes the highly appraised QuickStart Tennis format.

Tennis Squirts is a great way to learn the fundamental skills and tennis strokes in a low pressured, fun environment. Our program offers a variety of games and activities to promote maximum learning while having fun, fun and fun!



- ♦ Grip
- ♦ Stance
- ♦ Racket Swing
- ♦ Hand/Eye Coordination
- ♦ Volleys
- ♦ Movement on Court
- ♦ Fun!

## SPRING 2012 LISTINGS

Code	Day	Date	Time	Age	Fee
TS13258	Fri	4/20 – 6/1	12:00 PM – 12:45 PM	3 to 4	\$105
TS13259	Fri	4/20 – 6/1	1:00 PM – 1:45 PM	5 to 6	\$135

Classes take place at: Riverside Recreation Park

Racquets will be provided for all participants

Class consists of 7 x 45 minute sessions

Make up classes will take place after the last scheduled session

## HOW TO REGISTER

Online at: [www.USSportsInstitute.com](http://www.USSportsInstitute.com)

By Phone: (732) 563 2520

\*By Mail to: US Sports Institute,  
12 Maiden Lane, Suite 3,  
Bound Brook, NJ 08805

\*A printable registration form can be found online.

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