

Franklin Park Tennis Association ADULT PROGRAMS

Monday	
10am-1pm	Mid-Morning Tennis Rally - Open Practice and Play <i>* Ball Machine Rental &/or lessons have priority on one court</i>

Wednesday		
10am-1pm	Mid-Morning Tennis Rally - Open Practice and Play <i>* Ball Machine Rental &/or lessons have priority on one court</i>	Adult Clinics (10-11:00)
6:00-7:00 pm	Adult Clinics	
7:00-8:30 pm	Hatha Yoga w/Lucilda	Adult Lessons- Level 1 & Level 2
8:30-9:30 pm	Adult Round-Robins for lesson participants <i>* Ball Machine Rental &/or lessons have priority on one court</i>	

Friday		
10am-1pm	Mid-Morning Tennis Rally - Open Practice and Play <i>* Ball Machine Rental &/or lessons have priority on one court</i>	Hatha Yoga (10-11:30)
6:00-7:00 pm	Adult Clinics	
7:00-9:30 pm	FPTA Adult League/Drop-In Tennis	

Saturday		
1:30-2:30 pm	Adult Singles League	
3:00-5:00 pm	Tennis for Everyone! (Adult and Youth Lessons)	
5:00-6:00 pm	FPTA Dance	Adult Round-Robins for lesson participants <i>* Ball Machine Rental &/or lessons have priority on one court</i>

Program Descriptions

Mid-Morning Tennis Rally
Mondays, Wednesdays, Fridays
10 am- 1 pm
Regular drop-in practice & play activity.
FREE

Adult Clinics
* **Wednesdays 10 am - 11:30 am (Free)**
* **Wednesdays 6-7 pm**
* **Fridays 6-7 pm**
A variety of 1-hour clinics will be provided. Please check the schedule regularly for updates. Some topics will include: shot of the week, stroke basics, doubles & singles strategy & more. Advanced registration will be required for each session.
Cost \$10/session (except Wednesday mornings)

Adult Lessons
***Plus 1 hour round-robin play**
Wednesdays, 7-8:30
Drop-in lessons for adults at two levels. An evaluation is required to participate in level 2 programs.
Cost: \$30 for 4-week months. Weekly drop-in fee \$15. 1st Wednesdays of the month are free.
** Round robin play 8:30-9:30 for lesson participants.*

Tennis for Everyone!
***Plus 1 hour round-robin play**
Saturdays 12-1:30
Drop-in lessons for adults at two levels. An evaluation is required to participate in level 2 programs.
Cost: \$30 for 4-week months. Weekly drop-in fee \$15.
1st Saturdays of the month are always free.
** Round robin play 5-6 pm for lesson participants.*

Friday Mixer/FPTA League
League play on 2 levels and drop-in play opportunities
Fridays 7:00 - 9:30 pm
Cost: League Play (2-months session) \$20/Drop-in play \$5 per week.

Adult Singles League
Saturdays 1:30-2:30 pm
Open league play for men and women.
Cost: 2-months session - \$20

Non-Tennis Programs

Hatha Yoga w/Lucilda
Fridays, 10-11:30 am (free)
Wednesdays, 7-8:30
Hatha Yoga teacher and international artist Lucilda will lead you through Hatha yoga stretches to relax and strengthen the body while calming the mind. Relaxing muscles through stretching relieves tension and stress so you can enjoy being in your body. Hatha yoga has been recommended for helping to relieve high blood pressure, body aches and pains, and strengthening the immune system. With regular practice, you will also enjoy relief from joint pain and increased bone strength.
\$5 per session (except Friday mornings)

Ballroom Dance with LAED Studio
Saturdays 5-6 pm
An on-going introductory course to salsa, Merengue, Pasada, Bachata & More. Adults and teens welcome.
FREE

Programs are held at: DCR's Melnea A.
Cass Arena
120 Martin Luther King Blvd.
Roxbury, MA 02119



Jan-May
2012

Sign up online at www.franklinparktennis.org



Franklin Park Tennis Association YOUTH PROGRAMS



Monday, Wednesday & Friday		
4:00-5:30	Youth After-School Drop-In	
5:30-7:00	Jr. Team Program	
Saturday		
12:00-1:30	Jr. Team Program	Tween & Teen Tennis Clinic
1:30-2:30	Jr. Team Activity	
2:30-3:00	Jr. Coach Snack & Lesson Prep	
3:00-5:00	Tennis for Everyone! (Lessons for youth and adults)	

Tennis For Everyone!
Saturdays
3-5 pm
 Lessons for kids and adults run during the same time on different courts. A free drop-in program for kids ages 5-18. Kids ages 5 & 6 have 1 hour lessons/ 1 hour arts & crafts. Monthly fee for adults - \$30 for 4-week months. Weekly drop-in fee \$15. Free for Kids

FPTA Junior Coaches
 A free program for youth demonstrating a commitment to their tennis development and community service.

Includes tennis practice and volunteer coaching. Jr. Coaches also participate in regular training, education and recreational opportunities. Jr. Coaches will participate in paid employment opportunities when available and appropriate.

Participation requires approval of the program director.

Program Descriptions

Free Youth After-School Programs **Mondays, Wednesdays, Fridays** **4-5:30 pm**

Free drop-in tennis for kids ages 5-18. Includes introduction to tennis skills, drills and games. Participate 1, 2 or 3 days per week.

FREE

FPTA Jr. Team Program **Mondays, Wednesdays, Fridays** **5:30-7 pm**

Small group instruction for youth seeking to develop and hone their tennis skills through drills, practice and play opportunities. Participate 1, 2 or 3 days per week.

Cost \$30/calendar month.

FPTA Jr. Team Program **Saturdays** **12-1:30**

Small group instruction for youth with solid playing skills. These youth are seeking to develop and hone their tennis skills through drills, practice and play opportunities.

Cost \$20/calendar month.

Tween & Teen Tennis Clinic **Saturdays** **12-1:30**

Free drop-in tennis for tweens and teens ages 12-18. Includes introduction to tennis skills, drills and games.

FREE

Junior Team Activity **Saturdays** **1:30-2:30**

An add-on to the tennis program for tweens and teens ages 12-18. which encourages relationship building while the youth share the experience of new activities off the tennis court. Activity will change every few weeks.

Cost \$5-10 week depending on activity

Programs are held at: DCR's
 Melnea A. Cass Arena
 120 Martin Luther King Blvd.
 Roxbury, MA 02119

Sign up online at www.franklinparktennis.org

Jan-May
2012

Franklin Park Tennis Association PROGRAMS (Jan-May 2012)

Adult Program Descriptions

Mid-Morning Tennis Rally Mondays, Wednesdays, Fridays 10 am- 1 pm

Regular drop-in practice & play activity.

FREE

Adult Clinics

* **Wednesdays 10 am - 11:30 am (Free)**

* **Wednesdays 6-7 pm**

* **Fridays 6-7 pm**

A variety of 1-hour clinics will be provided. Please check the schedule regularly for updates. Some topics will include: shot of the week, stroke basics, doubles & singles strategy & more. Advanced registration will be required for each session.

Cost \$10/session (except Wednesday mornings)

Adult Lessons

***Plus 1 hour round-robin play**

Wednesdays, 7-8:30

Drop-in lessons for adults at two levels. An evaluation is required to participate in level 2 programs.

Cost: \$30 for 4-week months. Weekly drop-in fee \$15. 1st Wednesdays of the month are free.

•*Round robin play 8:30-9:30 for lesson participants.*

Friday Mixer/FPTA League

League play on 2 levels and drop-in play opportunities

Fridays 7:00 - 9:30 pm

Cost: League Play (2-months session) \$20/Drop-in play \$5 per week.

Adult Singles League

Saturdays

1:30-2:30 pm

Open league play for men and women.

Cost: 2-months session - \$20

Non-Tennis Programs

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Fridays, 10-11:30 am (free)

Wednesdays, 7-8:30

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\$5 per session (except Friday mornings)

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Saturdays

5-6 pm

An on-going introductory course to salsa, Merengue, Pasada, Bachata & More. Adults and teens welcome.

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Youth Program Descriptions

Free Youth After-School Programs

Mondays, Wednesdays, Fridays

4-5:30 pm

Free drop-in tennis for kids ages 5-18. Includes introduction to tennis skills, drills and games. Participate 1, 2 or 3 days per week.

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Free drop-in tennis for tweens and teens ages 12-18. Includes introduction to tennis skills, drills and games.

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Junior Team Activity

Saturdays

1:30-2:30

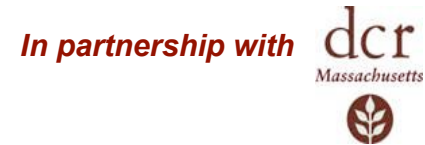
An add-on to the tennis program for tweens and teens ages 12-18. which encourages relationship building while the youth share the experience of new activities off the tennis court. Activity will change every few weeks.

Cost \$5-10 week depending on activity



TENNIS AT DCR's MELNEA CASS RECREATION COMPLEX

120 Martin Luther King Jr. Boulevard, Roxbury, MA 02119 - 617-445-0062



Winter 2012 Registration Form

FPTA Office: 1542 Columbus Avenue, Roxbury, MA 02119 617-427-8900 - www.franklinparktennis.org

ADULT &/OR PARENT INFO (must be completed for all applications)

Date: _____

Last Name	First Name	Street Address	City	Zip Code
Home Phone	Cell Phone	Email address	<input type="checkbox"/> If the adult is signing up for programs? <input type="checkbox"/> yes <input type="checkbox"/> no <input checked="" type="checkbox"/> Age of Adult Participant ____ <input checked="" type="checkbox"/> Race: <input type="checkbox"/> African-American <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Other _____	
Program Choices: <input type="checkbox"/> Mid-morning Tennis Rally (Free) <input type="checkbox"/> FPTA League Play (\$20/2-month session) <input type="checkbox"/> Friday Night Drop-in Tennis (\$5/week) <input type="checkbox"/> Tennis for everyone - Saturdays (Free) <input type="checkbox"/> Adult Skills Clinics (\$10/session) <input type="checkbox"/> Ballroom Dancing with LAED Studios (Free) <input type="checkbox"/> Yoga Fridays (Free) <input type="checkbox"/> Yoga Wednesdays (\$5/session) <input type="checkbox"/> Other _____				

Youth #1

Last Name	First Name	<input type="checkbox"/> Male <input type="checkbox"/> Female	Youth Cell Phone/E-mail (if appropriate)	<input checked="" type="checkbox"/> Race: <input type="checkbox"/> African-American <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Other _____
		<input type="checkbox"/> Age _____		
Program Choices: <input type="checkbox"/> Tennis for everyone - Saturday 3-5 (Free) <input type="checkbox"/> Jr. Team - Sat 12-1:30 (\$20/month) <input type="checkbox"/> Tweens & Teens - Sat 12-1:30 (Free) <input type="checkbox"/> After-school drop-in, M - W - F 4-5:30pm (Free) <input type="checkbox"/> Jr. Team, M - W - F 5:30-7 pm (\$30/month) <input type="checkbox"/> Jr. Team Activity, Sat 1:30-2:30 (\$5-10/week depending on activity) <input type="checkbox"/> Other _____				

Youth #2

Last Name	First Name	<input type="checkbox"/> Male <input type="checkbox"/> Female	Youth Cell Phone/E-mail (if appropriate)	<input checked="" type="checkbox"/> Race: <input type="checkbox"/> African-American <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Other _____
		<input type="checkbox"/> Age _____		
Program Choices: <input type="checkbox"/> Tennis for everyone - Saturday 3-5 (Free) <input type="checkbox"/> Jr. Team - Sat 12-1:30 (\$20/month) <input type="checkbox"/> Tweens & Teens - Sat 12-1:30 (Free) <input type="checkbox"/> After-school drop-in, M - W - F 4-5:30pm (Free) <input type="checkbox"/> Jr. Team, M - W - F 5:30-7 pm (\$30/month) <input type="checkbox"/> Jr. Team Activity, Sat 1:30-2:30 (\$5-10/week depending on activity) <input type="checkbox"/> Other _____				

How did you hear about FPTA programs?

- Friend or family member
- Participated in FPTA programs in 2010 or 2011
- Online Search
- Signs/flyers in the park or community
- Boston Public Library Branch
- Other _____

FPTA is not responsible for accidents or injuries sustained by participants in its program. Participation is voluntary and I am aware of the risks.

I understand that FPTA may take photos and/or videos of participants in its programs to be used in print or on it's website and I agree to the use of my image/my children's image (s) in these formats.

Signature X _____