

# LOST FOREST

# JUNIOR TENNIS

## **MUNCHKINS**

### **TUESDAY & THURSDAY**

4:00pm. - 5:00pm.

4 - 8 yo.

2x/wk/mth: \$165-mem,  
\$205-non.

1x/wk/mth: \$125-mem,  
\$165-non.

- Develop eye-hand coordination skills.
- Repetition on all stroke fundamentals ea./class.
- Utilize Orange-dot ball training, rally skills & target practice.
- Match-play training for Junior Team Tennis & USTA tournaments.
- Learn how to handle adversity at an early age!!

## **MINORS/MAJORS**

### **TUESDAY & THURSDAY**

5:00pm. - 6:30pm.

9 - 14 yo.

2x/wk/mth: \$210-mem,  
\$250-non.

1x/wk/mth: \$185-mem,  
\$225-non.

- Focus on improving stroke mechanics to higher level.
- Utilize Green-dot ball & Yellow ball training.
- Encouraged to play JTT and USTA tournaments.
- Improve match-play experience w/ Ladder Board challenges.
- These players are taught to handle match-play pressures and better understand tennis etiquette!!

## **CHALLENGERS**

### **MON/ WED/ THUR & FRIDAY**

4:30pm. - 6:30pm.

8 - 18 yo.

4x/wk/mth: \$285-mem,  
\$325-non.

3x/wk/mth: \$250-mem,  
\$290-non.

2x/wk/mth: \$225-mem,  
\$265-non.

- The next level requires massive systematic repetition workouts, mental toughness training, footwork & strength training.
- Access to the gym.
- Individual video analysis.
- Mastering the high percentage ball placement & court positioning techniques for singles and doubles to another level!!

## **T.P.G.**

### **SATURDAY ONLY**

8am - 10:30am

12 & Under

1x/wk/mth: \$195-mem  
\$235 -non

Drop in \$60-mem  
\$75

### **Tournament Players Group**

\* These player must be able to play matches and enter tournaments.

- Includes Orange dot ball, Green dot ball, and yellow ball.
- Age requirements are 6 years old to 12 years old.
- make ups are applied to the next month in a prorated amount.



**WWW.LOSTFORESTTENNISCLUB.COM**

**All class fees are based on a monthly cycle.**



I, the undersigned, parent or legal guardian, hereby authorize the coaches acting in the capacity of activity supervisors to consent to medical treatment. In case of emergency, I hereby authorize treatment, and/or hospital care. If there is an emergency please contact:

PARENT NAME \_\_\_\_\_

CELL \_\_\_\_\_

ER CONTACT \_\_\_\_\_

EMAIL \_\_\_\_\_

CHILD'S NAME/age \_\_\_\_\_

NAME OF SCHOOL \_\_\_\_\_

I have received, read, and understand Lost Forest Jr. Program rules and agree to abide by these rules

Parent/Legal guardian  
signature \_\_\_\_\_

### CONTACT US

5775 Lost Forest Dr.  
Houston, Texas 77092  
Instagram / Facebook



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CAMPS**

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**Register / Enroll**

**[www.LostForestTennisClub.com](http://www.LostForestTennisClub.com)**

**Contact me**

**[Todd.Whitley@LostForestTennisClub.com](mailto:Todd.Whitley@LostForestTennisClub.com)**