

PRIVATE & GROUP LESSONS

Private and group lessons for all ages and levels of play are available. Email mstafford@tennistar.com for rates and schedules.

PROGRAM DATES & HOLIDAYS

Four 10-week sessions for juniors begin Sept. 4th, 2018, and end June 15th, 2019. Two 15-week adult sessions begin Sept. 4th, 2018, and end April 13th, 2019. An 8-week spring session will begin on April 15, 2019.

HOLIDAYS: No adult or junior clinics will be held on Thursday, Nov. 22nd or Friday, Nov. 23rd, 2018. No adult classes will be held from Dec. 16th, 2018 - Jan. 1st, 2019. No junior classes will be held from Dec. 24th, 2018-January 1st, 2019. ALL OTHER CLASSES WILL BE HELD AS SCHEDULED, INCLUDING ON RELIGIOUS AND NATIONAL HOLIDAYS.

PAYMENT: Program fees are non-refundable, with the exception of an injury credit. Injury credits must be approved by Marilee Stafford. Payment in full is due at time of application.

TenniStar® POLICIES

- Parking is available in the underground garage. If the garage is full, there is an auxiliary lot down the street from the club on the right.
- In the case of inclement weather, call Sport&Health at (301) 656-9570 or email mstafford@tennistar.com to see if your class will be held.
- Make-ups are allowed in another class of the same level, provided space is available. Make-ups are not guaranteed and must be approved by our director and scheduled on court with your instructor. No refunds are provided for classes missed. Prolonged illnesses and serious injuries will be handled on a case-by-case basis.
- We have a no-refund policy. In the event of extenuating circumstances, email Marilee Stafford at mstafford@tennistar.com.
- Sport&Health charges an activity fee for adult clinics, junior clinics, and private lessons, for nonmembers.

VISIT TENNISTAR.COM FOR MORE DETAILS.



2813 East-West Highway
Chevy Chase, MD 20815-3861

tennistar.com

2018-2019

TENNISTAR® SPORTS

INDOOR PROGRAMS

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For more information email:
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TenniStar[®]

at **sport&health**

BETHESDA

TenniStar[®] DIRECTORS

Mitch Henkin is president of **TenniStar Sports[®]**, which manages the tennis program at **Sport&Health**. In addition, he is the **tennis director at The Promenade Tennis Club**, also in Bethesda. **TenniStar[®]** operates summer sports camp programs at Sport&Health and at other locations throughout the area. Mitch specializes in working with advanced juniors and adults, although he teaches players of all levels.

Marilee Stafford, director of the adult and junior programs at **Sport&Health**, was the #1 ranked women's player in Maryland in 1996. She also competed nationally and graduated with a B.S. in Physical Education from ORU in Tulsa, Oklahoma. She organizes the tennis programs at Sport&Health and works with adults and juniors at every level. Marilee offers a tremendous personality on the court, creating a learning experience that is positive and fun.

TEACHING STAFF

Steve Parker was a high-performance head coach and an area training and zonal coach for the USTA. He was an instructor at the Bullis Tennis Center for seven years, running its junior elite program. Steve teaches many high school players, including a number from the BCC teams. He has a Pro 1 certification from the USPTR. He teaches year-round at the club, working with all ages and abilities but specializes in the advanced player.

Rena Shi played #1 singles at River Hill High School in Howard County, where she captained the team her senior year. As a sophomore and junior, Rena won counties and regionals in singles, and she was a state finalist her senior year in doubles. She graduated from The University of Maryland with a degree in kinesiology. Rena taught at the College Park Tennis Center, working with younger kids and beginner adults. She directs the Georgetown Visitation **TenniStar[®]** Camp. She is especially good with our youngest players, but she works with all levels of adults and juniors.

AFTER-SCHOOL JUNIOR CLINICS					
DAY	TIME	LEVEL	AGE	MEMBER	NON MEMBER
SUN	1-3pm	Adv. Int	12-18	\$530	\$587
SUN	3-4pm	Int.	10-14	\$265	\$294
SUN	4-5pm	Beg/Adv.Beg	6-9	\$265	\$294
MON	4-5pm	Adv. Beg/Int.	10-14	\$265	\$294
MON	5-7pm	Adv.	12-18	\$530	\$587
TUES	4-5pm	Int.	12-16	\$265	\$294
TUES	5-7pm	Adv.	12-18	\$530	\$587
THURS	4-5pm	Beg/Adv.Beg	5-9	\$265	\$294
FRI	4-6pm	Adv.	12-18	\$530	\$587
SAT	1-3pm	Adv.	12-18	\$530	\$587
SAT	3-4pm	Beg/Adv.Beg	7-10	\$265	\$294
SAT	4-5pm	Adv. Beg/Int.	10-14	\$265	\$294

SESSION DATES:

Session 1 (9/4-11/10) **Session 3 (1/27-4/6)**

Session 2 (11/11-1/26) **Session 4 (4/7-6/15)**

Four 10-week sessions begin Sept. 4, 2018, and end June 15, 2019.

ADULT CLINICS

ADULT SCHEDULE				
DAY	TIME	LEVEL	MEMBER	NON MEMBER
MON	10:30am-12pm	B	\$630	\$698
TUES	9-10:30am	B	\$630	\$698
TUES	10:30am-12pm	B	\$630	\$698
TUES	12-1:30pm	B/C	\$630	\$698
TUES	7:30-9pm	B	\$630	\$698
TUES	7:30-9pm	B/C	\$630	\$698
WED	9-11am	B	\$690	\$764
WED	7:30-9pm	A/B	\$630	\$698
WED	7:30-9pm	B	\$630	\$698
THURS	7:30-9pm	A/B	\$630	\$698
THURS	7:30-9pm	B	\$630	\$698
FRI	9-11am	A	\$690	\$764
SAT	9:30-11am	B	\$630	\$698

SESSION DATES:

Session 1 (9/4-12/15) 15 weeks

Session 2 (1/2-4/13) 15 weeks

Clinics for fall & winter will be held in 2 sessions from Sept. 4, 2018 - April 13, 2019. An 8-week spring session will begin on April 15, 2019.

TenniStar[®] ADULT & JUNIOR PROGRAM REGISTRATION

ADULT JUNIOR IF JUNIOR, AGE: _____

NAME: _____

PARENT'S NAME: (if junior) _____

ADDRESS: _____

PHONE: (H) _____

(C) _____

EMAIL: _____

LEVEL: _____

SESSION DAY: _____ TIME: _____

SPORT&HEALTH MEMBERSHIP #: _____

CREDIT CARD #: _____

EXP. DATE: _____

SIGNATURE: _____ DATE: _____

Clip this registration form, attach check made out to **Sport&Health**, and send to: Attn: Marilee Stafford, Tennis Director at Bethesda Sport&Health, 4400 Montgomery Ave., Bethesda, MD 20814

AFTER SCHOOL JUNIOR CLINICS

Students may switch groups as they improve and are constantly challenged. Multi-participant stroke and footwork drills keep players moving. Even our youngest students progress rapidly through the tennis basics. Special programs for which **TenniStar[®]** is recognized will be an integral part of our indoor program.

- **Beginner:** Has never played before or has minimal experience.
- **Advanced Beginner:** Has had some lessons, knows ground strokes and serves, can keep score, and has an understanding of basic rules.
- **Intermediate:** Has some consistency on ground strokes, can keep serve in play and volley to specific areas.
- **Advanced Intermediate:** Lower level team players, may have participated in Futures tournaments, can participate in fast-paced drills, and has knowledge of strategy.
- **Advanced:** has specialty shots and can hit with spin, pace, and direction; has played in tournaments or on teams.

ALL REGISTRANTS FOR ADVANCED CLINICS MUST BE APPROVED BY MARILEE STAFFORD.