

WESTERN RESERVE RACQUET & FITNESS CLUB

11013 Aurora—Hudson Road
Streetsboro, OH 44241
330.653.3103
www.wrrfclub.com



*Promoting health, wellness and education
in racquet & fitness sports since 1970*

Spring & summer registration begins:
March 9

Register early!
Class sizes are limited.

**Presorted Std.
U.S. Postage Paid
Permit No. 81
Hudson, OH 44236**

Other Tennis Opportunities

Drills are a great way to brush up on your tennis skills! Sign up for drills on a weekly basis on the clipboards at the front desk. Check clipboards or website for days and times.

Ladies Singles Drills - (1 hr.) Players will work on specific singles shots as well as strategies.

Tennis Bootcamp - (1 hr.) Tennis inspired fitness program. A rigorous cardio workout for all abilities.

Cardio Tennis - (1 hr.) Tennis inspired fitness program for all abilities and levels.

Working Women's Clinic - (1.5 hrs.) Designed for working women and scheduled around the work force.

Men's Clinic - (1.5 hrs.) Designed for the man only! Levels 3.0-3.5 will be put through a series of drills, doubles strategy and fun!

Spring/Summer USTA Team Clinics-(1 or 1.5 hrs.) Contact Tennis Director Jeff Belcher to arrange.

Fees: 1 hr Clinic - \$16 1.5 hr. Clinic - \$24

Lesson Rates apply if less than 4 players sign up for clinic or drill.

Useful Tennis Links:

USTA/NEOTA League Programs
www.neoatl.com

Ladies Akron Interclub
www.akron.tenniscodes.com

TennisLink
www.usta.com/TennisLink

Northeastern Ohio Tennis Association
www.northeasternohio.usta.com

Midwest Section
www.midwest.usta.com/home



Western Reserve Racquet & Fitness Club Tennis & Fitness Guide

11013 Aurora-Hudson Road Streetsboro, OH 44241 330.653.3103 www.wrrfclub.com

Summer 2009

Robin Palumbo
Co-Owner, Manager
Terri Treblas
Co-Owner, Manager

Jeff Belcher
Tennis Director

Tennis Instructors:
Dave Howell
Keith Kassouf
John Stofey
Matt Treblas
Lora Belcher

**Save the
non-member fee...
join WRRFC today!**

Full memberships include all fitness and tennis privileges and start at only \$69/month!

Summer Club Hours:
Monday through Friday
5:30 am - 11 pm*

Saturday
7 am - 2 pm

Sunday
7 am - 5 pm

*Fitness area closes at
10 pm.



WRRFC CAMP PHILOSOPHY

Summer camps are held at our air-conditioned training facility and staffed by some of the most qualified and respected coaches and fitness professionals in the area. We take pride in the quality of our instruction, which focuses on stroke development, footwork, and point play strategy.

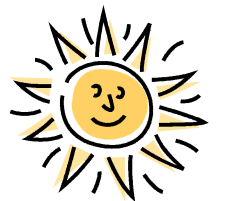
For year round players, summer camps are a great opportunity to enhance the development that takes place during the winter. The ability to play up to 15 hours of tennis per week is an invaluable way to master the skills needed to excel at the game of tennis.

While development is always our main goal, summer camps provide an environment for players to have fun and get to know other players. It provides younger, more experienced players with an opportunity to take their games to the next level, while developing a true joy for being on the court and a sense of cooperative play and training.

CAMP DATES

Weekly Junior Summer Tennis Camps

Wk 1: 6/15-19
Wk 2: 6/22-26
Wk 3: 6/29-7/3
Wk 4: 7/6-7/10
Wk 5: 7/13-7/17
Wk 6: 7/20-7/24
Wk 7: 7/27-7/31
Wk 8: 8/3-8/7
Wk 9: 8/10-8/14



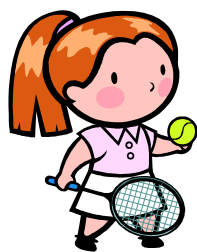
DISCOUNTS - NEW FOR SUMMER 2009!

Sibling Discount-Register two or more siblings in a summer camp, receive 10% off the total.

Multi-week Discount-Register for three or more weeks of camp at time of registration and receive 10% off total.

Note: Only one discount (sibling or multi-week) applies per registration.

Quickstart Summer Camp Ages 3 1/2 to 6



Designed to get kids playing tennis immediately, kids are constantly involved and having fun. Equipment and court size are tailored to your child's abilities and foam balls and low compression balls are used to provide a successful experience. Children should bring their own racquet (a limited number of racquets are available for lending). Training will include:

- ◆ Objectives, warm-ups & skill review
- ◆ Games and new skills
- ◆ Cool down and homework assignment

Mon-Wed-Fri **PRICE CORRECTION:**
1:30-2:30 pm **\$32/week**

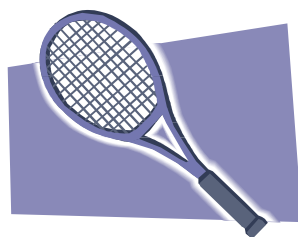
Jr. Summer Camp Ages 7 to 14

(Appropriate for Future Stars and Satellite Program)

Camp includes:

- ◆ 2 hours of on court drill & point play daily
- ◆ 1 hour of fitness, strategy & fun daily
- ◆ Tournament Friday for players to test skills in real match situations
- ◆ One group fitness session per week focused on developing footwork skills along with the opportunity to develop group cohesion in a fun & active way, with both coaches & fitness staff.

Monday - Friday
9:30-12:30 pm **\$135**



High School Girls! Pre-season Boot Camp

Girls, get ready for your fall high school season! The camp features intense drilling for the first half of the morning and point playing and match play for the second half.



Monday-Thursday
July 27-30
8:30 am-12:30 pm **\$199**

NEW! GET FIT! Camps Ages 6th-8th grade

Learn how to get fit, eat right and stay active in this one week summer camp. Western Reserve Racquet & Fitness Club personal trainers and fitness staff will introduce campers to healthy fitness habits for a lifetime. Boys and girls will learn about weight training, conditioning, and nutrition. Girls will attend a variety of group fitness classes, such as Yoga, Zumba, or Spinning. Each camper will receive a personalized fitness plan by the end of the week.

Monday-Friday, 12:00-3:00 pm
Girls: July 6-10 & July 13-17
Guys: July 20-24 & July 27-31 **\$125/week**

High Performance Summer Camp For more experienced junior players

(Appropriate for Satellite Varsity and Tournament Training)

Camp includes:

- ◆ Group discussion, review of drills, goals and practice habits of champions
- ◆ Dynamic warm up-physical and mental preparation
- ◆ Live ball progressive practice and drilling
- ◆ Alternating match play, drills and fitness
- ◆ Doubles play, team games

Monday-Friday
1:30-4:30 pm **\$150**

Registration Form

Billing Information

Spring Session
 Summer

For office use only:

Billing Reference # _____

Name _____ Today's date _____

Address _____ City _____ ZIP _____

Home Phone _____ Work/Cell _____

Email Address _____

WRRFC Member*? No Yes Member # _____

***Non-member registration fee - \$25/child/session**

Form of Payment Cash Check Visa Amex Discover Mastercard

Credit Card Number _____ Exp. Date _____

Junior Programs

T-shirt size: Youth (S-M-L-XL) Large (S-M-L-XL)

Participant Name	Age	Session & Class	Fee	T-shirt size (summer)	Non-mem. fee*	Total (less discounts)

USA 123 Tennis

Participant Name	Day	Time	Level	Fee

How did you hear about our program?

Brochure Friend Newspaper ad Website Newsletter Tennis Pro Other