

## Registration information

Participant's name: \_\_\_\_\_ Home Ph: \_\_\_\_\_ Work: \_\_\_\_\_  
DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_  
Parent / Guardian: \_\_\_\_\_ Allergies / Medical Condt. / Medications: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
Physical Address: \_\_\_\_\_ Emergency Contact: & Phone \_\_\_\_\_  
Any other information: \_\_\_\_\_

Class you are registering for:

### Wednesday Classes

- Quick Start Red: S I 7/1-7/29-\$90 or  S II 8/5-8/26-\$80  
 Quick Start Orange: S I 7/1-7/29-\$90 or  S II 8/5-8/26-\$80  
 Ladies Clinic: S I 7/1-7/29-\$95 or  S II 8/5-8/26-\$85  
 Adult Beginner: S I 7/1-7/29-\$95 or  S II 8/5-8/26-\$85  
 Adult Hitting: S I 7/1-7/29-\$95 or  S II 8/5-8/26-\$85

### Monday Classes

- Jr. and HS Tennis: S I 6/29-7/27-\$95 or  S II 8/3-8/24-\$85  
 Ladies Clinic: S I 6/29-7/27-\$95 or  S II 8/3-8/24-\$85

### Class Locations:

This year all classes will be held at the Holderness Central School courts. The school is located at 3 School Rd, Holderness, NH off Rt. 175. Drive in towards the front of the school and bear to the left where you will see the courts.

### Registration Deadline:

One week prior to the start of a class and class must be paid for in full.

### **Holderness Recreation Release Of All Claims**

In consideration of the permission granted for \_\_\_\_\_ (Participant name here) to take part in the above named recreation program, I hereby release for myself and my heirs, the Town of Holderness, its agents, employees, volunteers, and other program participants, from all actions, damages, claims, and negligence, which may result in personal injuries and/or damages.

I recognize there may be inherent dangers in participating in this recreation program, which may present strain on the body and its parts, and furthermore, I represent to the best of my knowledge, the participant is in proper physical condition to allow participation.

I understand that, in case of an emergency, Holderness Recreation will attempt to contact the person identified as the "emergency contact". In the event of a medical emergency, I consent to the participant's treatment by a medical doctor and I agree to be responsible for all costs associated with said treatment, including transportation to a medical facility.

I also understand that Holderness Recreation may take pictures of me or my child while enrolled in this program and that these pictures may be used by Holderness Recreation for advertisement and promotions I give my permission for mine or my child's picture to be taken and photos to be used by Holderness Recreation. Promotions may include, flyers, Facebook, the Town Website etc.

I the undersigned, here read this release and understand all its terms and implications. I hereby execute this release of my own free will and with full knowledge of its significance.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Name: \_\_\_\_\_

**Please Make Checks payable to:  
Holderness Recreation**

# Holderness Recreation Department 2015 Summer Tennis Lessons

## June 29th to August-26th

**Cost: Classes range from  
\$80-\$95 depending on Level  
and dates.**



**Holderness Recreation Department**  
P.O. Box 203  
Holderness, NH 03245  
Phone: 603-968-3700  
Email: recreation@holderness-nh.gov  
www.holderness-nh.gov

# Tennis is a lifetime sport! Learn it now and play it forever!

## Summer Tennis with Bill Aronson

**Instructor Bio:** Bill is USPTA and PTR certified. He is also, certified by USTA in High Performance Coaching and Quick Start. Bill is currently a Tennis Professional for the City of Coral Gables, FL and also teaches Developmental and Sport Psychology. He currently teaches developmental and sport psych at both FIU and ST. Thomas in Miami. He has worked with students in all levels. He is a former Harry Hopman Tennis Professional and former Head Collegiate Tennis Coach at Springfield and University of Lowell. Bill is a former USTA and ITF Clinician, as well as a former USAF Captain/Psychologist. He has: BS, MS, MBA (PSU), and PhD.

We are very excited to have Bill back again for the third summer. He is a great instructor who truly loves the game of tennis and sharing his craft with others.

Below you will find a wide variety of classes that are available this summer. Classes must have a minimum of 4 players and a max of 6–8 depending on the level. Sessions are 4 & 5 weeks long. Lessons are rain or shine and will be held unless it is pouring or thunder and lightening. Make up classes will be held as needed at hopefully a mutually convenient time.

### Quick Start Red—ages 4-7

This class introduces tennis using the USTA Quick Start Method, and focuses on improved racquet skills, hand-eye coordination, balance and movement. Participants will play games to develop skills, modified scoring, and rally play. The goals of this class are to provide a fun and enjoyable experience while teaching how to play tennis using the correct size equipment and courts. A 36-foot court and red **low compression balls** will be used. Racquets between 19-23 inches are required. Wednesday's 9–10am cost: **Session I** 7/1–7/29—\$90, **Session II** 8/5–8/26—\$80

### Quick Start orange—ages 7-11

This class introduces tennis using the USTA Quick start Method and focuses on skill development, improvement on rallying play, developing core strokes

and improving the ability to play a game or set with correct scoring format. The goals of this class are to continue developing tennis skills while understanding rally and scoring format. Players are encouraged to play in Junior Tennis Leagues. A 60-foot court and orange **low compression balls** will be used to maximize the learning experience. Racquets between 23-25 inches are required. Wednesday's 8–9am cost: **Session I** 7/1–7/29—\$90, **Session II** 8/5–8/26—\$80

### Adult beginner—Ages 18+

This program is for the beginner to advanced beginner level adult wanting to learn the fundamentals of the game. The class will cover racquet positioning, stroke production, court positioning, shot placement and games. Wednesday's 5:30-6:30pm cost: **Session I** 7/1–7/29—\$95, **Session II** 8/5–8/26—\$85

### Adult Hitting: Intermediate and Advanced/Match Play

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game. Players should be at 3.0 and up level and expect to receive high quality instruction geared to improving performance. Wednesday's 6:30-7:30pm cost: **Session I** 7/1–7/29—\$95, **Session II** 8/5–8/26—\$85

**Jr and HS Tennis**—grades 7–12 need description—This program is for the competitive junior player and / or recreational HS level. Monday's 6:30-7:30pm Cost: **Session I** 6/29–7/27—\$95, **Session II** 8/3–8/24—\$85

**Ladies Clinic**—All levels match play, double and singles, meet and greet. Two classes to choose from. Monday's 10-11am or 5:30-6:30pm cost: **Session I:** 6/29–7/27—\$95, **Session II:** 8/3–8/24—\$85 Wednesday's 10–11am **Session I:** 7/1–7/29—\$95, **Session II:** 8/5–8/26—\$85

### Adaptive Tennis

Bill is happy to put together an Adaptive Tennis class on Mondays for anyone with a special need; wheelchair, motor skill delays, Autism, ADD etc. We believe everyone should play, so give us a call and let's make this happen!

### Private Lessons:

If you are interested in private or semi private lessons, you can work directly with Bill by emailing him at [waronson@earthlink.net](mailto:waronson@earthlink.net) or contact the recreation office at 968-3700 to find a mutually agreeable time.

### Youth Racquets:

Youth racquets are available to borrow at no cost. Please contact the office to make arrangements.

### Class Location:

This year all classes will be held at the Holderness Central School courts. The school is located at 3 School Rd, Holderness, NH off Rt. 175. Drive in towards the front of the school and bear to the left where you will see the courts.

**Registration deadlines:** are one week prior to the start of a class and classes must be paid for in full.

No refunds will be issued after the first class. Classes run rain or shine with the exception of thunder, lightening or downpours. We will do our best to offer make up classes, but we cannot guarantee them.

Registration information and forms can be found at [www.holderness-nh.gov](http://www.holderness-nh.gov) or by contacting [recreation@holderness-nh.gov](mailto:recreation@holderness-nh.gov) or 968-3700.

Resident scholarship assistance is available for this program.



Holderness Recreation Department

P.O. Box 203

Holderness, NH 03245

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