



SuperStarters Spring Tennis Camp! @ Crozet YMCA

What is QuickStart Tennis? It's a fun, new format to teach tennis to youth, using smaller rackets, shorter courts, lower nets, foam and low-pressure balls, simplified scoring, and an emphasis on teamwork. While learning tennis, kids also improve their motor skills, hand-eye coordination and movement abilities. Scaling the game down helps make the learning process easier and a lot more fun! Crozet PARC has three 36-foot courts, which are great for learning and practicing!

What is SuperStarters? SuperStarters is a sports-based youth development company that offers sports & life skill programs to help kids be better teammates in sports and in life! SuperStarters coaches focus on tennis and pro-social skills, such as listening, sharing, being supportive, getting to know peers, and teamwork, so that children are more ready to play, learn and grow through sports! Contact Instructor Ellen Markowitz at 917-834-5717 or at drcoachellen@hotmail.com if you have questions about course material. Contact the YMCA at 434-205-4380 for registration/payment questions.

Three 3-week sessions for Spring!

Saturdays: **Session I: Saturday April 9, 16, 23 (raindate April 30)**
 Session II: May 7, 14, 21 (raindate May 28)

Sundays: **Session I: Saturday April 10, 17, 24 (raindate May 1)**
 Session II: May 8, 15, 22 (raindate May 29)

Tennis equipment will be provided. Please wear sneakers & bring a water bottle.

Bright Stars: 4-5 Year olds

Bright Stars provides QuickStart tennis & motor skills development for 4-5 year olds. The focus is on fundamental motor skills, hand-eye coordination, ball tracking, footwork & locomotor skills, racquet control and contact, along with taking turns, sharing, meeting people and listening.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	9:00-9:25am	Session I: April, 9, 16, 23 Session II: May 7, 14, 21	\$35/\$50

Rising Stars: 6-7 year olds

Rising Stars provides QuickStart tennis & motor skills development for 6-7 year olds. The focus is on tennis stroke development, learning to rally over the net, along with improving fundamental motor skills, footwork & movement, agility, balance, coordination, and sharing, listening to others, being positive and supportive & working as a team.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	9:30-10:25am	Session I: April, 9, 16, 23 Session II: May 7, 14, 21	\$50/\$65

Shining Stars: 8-10 year olds

Shining Stars provides QuickStart tennis & motor skills development for 8-10 year olds. The focus is on proper tennis strokes, learning to rally, keep score, and play doubles, footwork & movement for tennis, agility, balance & coordination, along with teamwork, dealing with feelings, and learning how to win and lose.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	10:30-11:25am	Session I: April, 9, 16, 23 Session II: May 7, 14, 21	\$50/\$65

Blazing Stars: 11-12 year olds

Blazing Stars provides QuickStart tennis & motor skills development for 11-12 year olds. The focus is on proper tennis strokes, learning to rally, keep score and play doubles, improving all motor skills, and teamwork, focus and concentration.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	11:30am-12:25	Session I: April, 9, 16, 23 Session II: May 7, 14, 21	\$50/\$65

Super Stars I: 7-9 year olds

Super Stars provides opportunities for kids to practice and play with other kids. The focus is on rallying, learning to keep score, playing singles & doubles games and matches. Coaches will supervise play and facilitate kids playing each other. This is designed for kids who can rally at least 3 times over the net, can serve overhand, and are interested in being on a tennis team in the future.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	3:00-3:55pm	Session I: April 10, 17, 24 Session II: May 8, 15, 22	\$50/\$65

Super Stars II: 10-12 year olds

Super Stars provides opportunities for kids to practice and play with other kids. The focus is on learning to keep score, and playing singles, & doubles games and matches. Coaches will supervise play and facilitate kids playing each other. This is designed for kids who can rally at least 5 times over the net, can serve overhand, and are interested in being on a tennis team in the future.

Ages	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	4:00-4:55pm	Session I: April 10, 17, 24 Session II: May 8, 15, 22	\$50/\$65

Shooting Stars: Adults

Shooting Stars is for adults who are new to the game, and would like to learn the basics in a low-key, fun way. The courts may be small, but the game is the same! Smaller courts and lower pressure balls help anyone learn faster, have fun and get great exercise! We'll work on groundstrokes, volleys, serves, scoring, positioning and movement.

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	Not offered	Not offered	Not offered

Senior Stars: Active Older Adults

Senior Stars is for Active Older Adults who would like to have a fun, enjoyable activity together. Senior Stars focuses on learning the basics in a low-key, fun way, and having fun! We'll work on motor skills, movement, agility, balance & coordination, and having fun on the tennis court!

Location	Time	Dates	Cost (Member/Program Participant)
Crozet YMCA	2:00-2:55pm	Session I: April 10, 17, 24 Session II: May 8, 15, 22	\$60/\$75