
JUNIOR SUMMER CAMP

APPLICATION - Please fill in and return
(advanced sign-up for camp is required)

FULL NAME _____

AGE _____ DOB _____

GROUP ATTENDING - Please tick one

9-10am _____ 10-11am _____ 11-12pm _____

WEEKS ATTENDING

WK 1 _____ WK 2 _____ WK 3 _____ WK 4 _____

WK 5 _____ WK 6 _____

PARENT'S NAME _____

TEL # _____

EMAIL _____

Medical issues _____

Policies - Please Read and Sign

- Application or notification of attendance must be received in advance.
- Payment is required on or before first day of each weekly session.
- Disruptive children will not be tolerated.
- Make ups for missed days only allowed with advanced 24hr notice of absence.
- All students are participating at their own risk.
- Payment can be made in cash or as a check made out to Ruth Dickinson.

Parent Signature -

Welcome Back to Tennis

Welcome back everyone. Once again we will be running our junior tennis camp program in conjunction with the swim practices, giving the best opportunity to everyone who would like to play to do so.

Our Spring season will be busy with USTA and Cup tennis for our adult teams for multiple levels. We hope to be able to offer all our adult clinics and social events throughout the season.

The tennis program at Conestoga Swim club has been growing over the last five seasons and we hope to continue with this trend for years to come.

Remember, One More Shot. See you on the courts!

Your Tennis Director.

Contact: Ruth Dickinson
Mobile: 267-259-8677
Email: ruthdi2008@gmail.com



Conestoga Swim Club

ONE MORE SHOT

TENNIS PROGRAM 2023 SEASON



CSC 'ONE MORE SHOT' TENNIS OFFERS

- 6 week junior program that accommodates swim practice
- Junior Team Tennis April - June.
- Women's and Mens CUP tennis
- Women's USTA 3.0,3.5 & 4.0 levels
- Women's Team Practices
- Mens open play Tues and Thurs.
- Evening after work clinics
- Cardio Tennis
- Social mixed tennis

All Team Matches are scheduled to play mid April thru June. Please check the club tennis calendar especially if you are looking to reserve a court

Women's Inter Club	Mon & Weds 9.30am
Mens Inter Club	Sat 9am-12pm
Women's USTA 3.0	Thurs 9.30am-12pm
Women's USTA 3.5	Fri 9.30am -12pm
Women's USTA 4.0	Tues 9.30am -12pm
Junior Team Tennis	Sat Noon -3pm

FOLLOW US ON SOCIAL MEDIA



@tennisCSC
#OneMoreShot

JUNIOR TENNIS CAMP IS AVAILABLE

Junior Summer Camp available for 6 weeks

Our focus will be skill development, learning the game and an overall improvement of each student.

- Week 1 June 19 - June 22
- Week 2 June 26 - June 29
- Week 3 July 3 - 7** (No camp Mon. July 4)
- Week 4 July 10 - 13
- Week 5 July 17 - 20
- Week 6 July 24 - 27

Each week runs 4 days Mon thru Thurs.

**Week 3 July 4th off.

Each clinic is 1hr in duration.

Friday is used as a make-up day if rained out.

Times and Age groups

9-10am 13 and under.

10-11am 14 and up.

11-12pm 8 and under.

**Players of the correct level can play 9-11am

Camp Cost per week

Single Family participant	\$75/week
Additional Sibling	\$70/week
Drop ins	\$25/clinic

Numbers will be limited, so sign up early.

More information can be found on the website.

ADULT 'ONE MORE SHOT' TENNIS

Daytime clinics and evening clinics will be offered through out the summer for all levels.

Check the website for clinic options including creating your own group.

USTA and Cup Team practices will run until mid-June.

Contact Ruth with your requested time and day. Sign Up in advance in required.

Clinic Prices

All team practices	\$25/player
1hr clinics	\$25/player
1.5hr clinics	\$40/player

Cardio Fitness Tennis.

An excellent way to improve your tennis fitness. Hit hundreds of balls in one session. Fun yet challenging drills with some mobility and own body weight strength training mixed in. Cardio will be offered twice a week for \$20/player

Private and Semi Private Lessons

1 hr lesson \$100

1 hr lesson with a friend \$55 each player.

Non-members will be charged an additional \$10 fee for lessons.

Personal Fitness or Tennis Fitness sessions available upon request.

Email or call for more information and to request your times ruthdi2008@gmail.com