

SPORT FIT BOWIE

A Health Club Like No Other

100 Whitmarsh Park Drive, Bowie, MD 20715 (301) 262-4553

TENNIS PROGRAMS

Winter Session: January through late February, 2021

Sessions are 7 weeks long, unless otherwise noted.

JUNIOR CLINICS: Need 2 participants to run; if dropping in, please call to make sure the class is running.

CRUSHER TENNIS JRS (Replaces Perfect Swing): For higher performance players who exhibit stronger skills for their age.

Must speak to Robert or Bronwyn to participate, if you have not already.

Any clinic where only 1 person attends, will have the clinic shortened by a half hour.

DAY/TIME	PROGRAM	# STUDENTS	COURTS	PRO	MEMBER/NONMEMBER PRICE \$\$ (SESSION or DROP IN)	START DATE	END DATE
MONDAY							
1030a-12p	Adult Doubles Drill/Play 3.5+	8	1	Bronwyn	259/309 or 40/47	1/4/21	2/15/21
4-6p	Crusher Tennis Jrs. Tournament/Varsity 13+ years	18	1,2,3	Robert/Perris	339/412 or 52/62	1/4/21	2/15/21
430-530p	U6 (5-6 years) Beg/Lo Intermediate	8	4	Bronwyn	172/207 or 27/33	1/4/21	2/15/21
530-7p	U8 (7-8 years) Beg/Lo Intermediate	6	4	Bronwyn	259/309 or 40/47	1/4/21	2/15/21
530-7p	U12 (9-12 years) Beg/Lo Intermediate	6	5	Bronwyn	259/309 or 40/47	1/4/21	2/15/21
6-730p	Adult Total Workout 4.0+	6	1	Robert	259/309 or 40/47	1/4/21	2/15/21
TUESDAY							
1230-2p	Adult Total Workout 3.5+	8	4	Ivan	259/309 or 40/47	1/5/21	2/16/21
4-6p	Crusher Tennis Jrs. Intermediate (JV Middle & JV HS)	18	1,2,3	Robert	339/412 or 52/62	1/5/21	2/16/21
6-7p	Teen (13-18 years) Beg/Lo Intermediate	8	1	Robert	172/207 or 27/33	1/5/21	2/16/21
7-8p	Adult Intermediate Doubles Drills 3.0	8	1	Perris	172/207 or 27/33	1/5/21	2/16/21
8-9p	Adult Advanced Doubles Drills 3.5+	8	1	Perris	172/207 or 27/33	1/5/21	2/16/21
WEDNESDAY							
12-130p	Adult Drill/Play Intermediate	10	4,5	Bronwyn	259/309 or 40/47	1/6/21	2/17/21
4-6p	Crusher Tennis Jrs. Tournament/Varsity 13+ years	18	1,2,3	Robert/Perris	339/412 or 52/62	1/6/21	2/17/21
6-730p	Crusher Tennis Jrs. Advanced 8-12 years	10	1,2	Ivan	259/309 or 40/47	1/6/21	2/17/21
THURSDAY							
1230-2p	Adult Total Workout 3.5+	8	4	Robert	259/309 or 40/47	1/7/21	2/18/21
4-6p	Crusher Tennis Jrs. Intermediate (JV Middle & JV HS)	18	1,2,3	Robert	339/412 or 52/62	1/7/21	2/18/20
8-930p	Competitive Workout M3.5+/W4.0+	8	1,2	Ivan	259/309 or 40/47	1/7/21	2/18/20
FRIDAY							
12p-130p	Adult Intermediate Clinic	10	4,5	Ivan	259/309 or 40/47	1/8/21	2/19/21
4-6p	Crusher Tennis Jrs. Tournament/Varsity 13+ years	18	1,2,3	Robert/Perris	339/412 or 52/62	1/8/21	2/19/21
5-630p	U12 (7-12 years) Intermediate Drill/Play	8	4	Ivan	259/309 or 40/47	1/8/21	2/19/21
630-830p	Crusher Tennis Jrs. Advanced 12-21 years	10	4,5	Ivan	339/412 or 52/62	1/8/21	2/19/21
SATURDAY							
930-1130a	Adult Advance Doubles Drills 3.5+	12	1,2,3	Ivan	259/309 or 40/47	1/9/21	2/20/21
1030-1130a	Free Adult Intro to Tennis (Max 2 Classes)	8	4	Bronwyn	2 Classes Free, 27/33	1/9/21	2/20/21
12-1p	U6 (5-6 years) Beg/Lo Intermediate	12	4,5	Bronwyn/Robert	172/207 or 27/33	1/9/21	2/20/21
1-2p	U8 (7-8 years) Beg/Lo Intermediate	16	4,5	Bronwyn/Robert	172/207 or 27/33	1/9/21	2/20/21
2-3p	U12 (9-12 years) Beg/Lo Intermediate	16	4,5,6	Bronwyn/Robert	172/207 or 27/33	1/9/21	2/20/21
3-4p	Teen (13-18 years) Beg/Lo Intermediate	8	4	Robert	172/207 or 27/33	1/9/21	2/20/21
330-5p	Crusher Tennis Jrs. Advanced 8-12 years	8	5,6	Ivan	259/309 or 40/47	1/9/21	2/20/21
5-7p	Crusher Tennis Jrs. Tournament/Varsity 13+ years	10	5,6	Ivan	339/412 or 52/62	1/9/21	2/20/21
SUNDAY							
2-330p	Adult Total Workout (Adv Beg - Lo Interm)	8	4	Ivan	259/309 or 40/47	1/10/21	2/21/21
330-5p	High School Drill and Play (JV and Varsity)	10	5,6	Ivan	259/309 or 40/47	1/10/21	2/21/21
5-7p	Crusher Tennis Jrs. Advanced 12-21 years	10	5,6	Ivan	339/412 or 52/62	1/10/21	2/21/21

Sport Fit reserves the right to change the schedule and/or cancel classes based on attendance.

Please arrive for classes as close to the start time as possible and leave promptly at the end to avoid groups congregating.