

TENNIS

TENNIS INSTRUCTION - YOUTH AND ADULT

Solaris Sports Club

YOUTH

Program No: **342701-A, B, C (Session 1)**
342702-A, B, C (Session 2)
142701-A, B, C (Session 3)

Day & Time: **A:** Sundays - 9:00 to 10:00am (ages 5 - 7)
B: Sundays - 10:00 to 11:00am (ages 8 - 10)
C: Sundays - 11:00am to 12noon (ages 11-16)

Dates: **Session 1:** September 11 – October 30 (8 classes)
Session 2: November 6 – December 18 (7 classes)
Session 3: January 22 – March 11 (8 classes)

Fee: **Session 1:** \$185.00
Session 2: \$160.00
Session 3: \$185.00

About the program: If you are just starting or want to develop your skills, these classes will introduce the fundamental stroke patterns, basic rules and sportsmanship. Quickstart Tennis is a new format to help kids learn and play the game. To make it easier for them, we changed a few things: the court sizes, the racquet sizes, the balls, the scoring system and even the net height. Now any child over the age of 5 can start playing tennis almost immediately, even if he or she has never picked up a racquet before. Loaner racquets are available. Rubber soled shoes are required. All classes are directed by Solaris's experienced, knowledgeable and certified tennis professionals.

ADULT

Program No: **344101-A, B, C (Session 1)**
344201-A, B, B (Session 2)
144101-A, B, C (Session 3)

Day & Time: **A:** Sundays – 1:30 to 2:30pm (Tennis 101-Beginner)
B: Sundays – 2:30 to 3:30pm (Tennis 202 – Advanced Beginner)
C: Sundays – 3:30 to 4:30pm (Tennis 303 - Intermediate)

Dates: **Session 1:** September 11 – October 30 (8 classes)
Session 2: November 6 – December 18 (7 classes)
Session 3: January 22 – March 11 (8 classes)

Site: Solaris Sports Club
 Fee: **Session 1:** \$185.00
Session 2: \$160.00
Session 3: \$185.00

About the program: We offer a variety of tennis options for adults. **Tennis 101** will cover the fundamentals and basic rules of the game. **Tennis 202** introduces players to placement, shot selection and strategy. **Tennis 303** provides the more experienced players a chance to drill and play while exploring advance tactics and strategy. All participants must be a minimum of 18 years of age. Loaner racquets are available. Non-marking rubber soled shoes are required. All classes are directed by Solaris's experienced, knowledgeable and certified tennis professionals.

SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Robert Heinrichs, Instructor

Program No: **338301-A (Session 1)**
138301-A (Session 2)

Day & Time: Mondays – 10:15 to 11:15am

Dates: **Session 1:** September 19 – December 5 (10 classes)
 (no class October 10, November 14)
Session 2: January 9 – April 2 (10 classes)
 (no class January 16, February 20, March 19)

Site: Yorktown Community & Cultural Center, Community Room 1

Fee: \$10.00 for Yorktown Seniors; \$30.00 for non-residents (this is a **materials fee**)

Registration: **Must sign up at the Recreation Office beginning September 7. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.**

About the program: Enjoy an hour of "not thinking, just painting" at our Senior Center. "The making and sharing of art images stimulates caring and support from group members and a safe and natural form of communication." Dabble in several art media from acrylics to watercolors, along with several art genre.



CHAIR YOGA

Sandra Berstein, Instructor

Program No: **336404-A (Session 1)**
136404-A (Session 2)

Day & Time: Tuesdays – 12:00pm to 1:00pm

Dates: **Session 1:** October 4 – December 27 (9 classes)
 (no program October 11, 18, November 15)
Session 2: January 10 – March 13 (10 classes)

Site: Yorktown Community & Cultural Center Gym
 Fee: No fee for Yorktown Seniors; \$30.00 for non-residents.

Registration: **Must sign up at the Recreation Office beginning September 7. If you have never registered with us, please provide proofs of residency. Space is limited to 50 participants, so please sign up early. Please Note – once Session 1 is filled, registrants will be placed into Session 2. If there are remaining spots in Session 2, we will conduct a lottery of those interested to fill the class.**

About the program: Gentle chair yoga is for seniors who may have difficulty getting up and down from the floor or have some physical limitations which prevent them from sitting on the floor or standing without help. Every session includes: warm up techniques, breathing practices, gentle stretching and flexibility movements, meditation and concludes with deep relaxation in the chair.