

# Centereach Pool & Tennis Complex

## Youth Tennis Programs

195 Hammond Rd. Centereach, NY 11720

FREE USTA YOUTH Membership (10 & Under) & All Equipment Provided



Long Island Foundation For  
Education & Sports



### Centereach Pool & Tennis Complex — Tennis Program (AM / PM Sessions)

The Long Island Foundation for Education & Sports (LIFFES) is excited to bring a summer tennis program to Centereach Pool & Tennis Complex. Enjoy our lessons and play based tennis programs with high performance coaches from Game Set Match Tennis Academy (World Gym Setauket). LIFFES is an organization of community based tennis programs dedicated to introducing all children to a lifetime sport... tennis! This program will be under the direction of LIFFES alongside Game Set Match Tennis Academy (World Gym Setauket). **LIMITED ENROLLMENT!**

#### First Server Division Program — Beginner Level — Ages 4-7 yrs.

Our goal is to develop hand-eye coordination with simple athletic drills and games that are fun! Now any child can start playing tennis almost immediately, even if he/she never picked up a racquet before.

Morning Session: 9:00 -10:00 am / Afternoon Session: 4:30 - 5:30 pm

#### Deuces Division Program — Intermediate Beginner Level — Ages 7-10 yrs.

Deuces Division will take children to the next level by improving technique and developing better footwork. Children are divided by ability and provided basic instruction with skill based activities.

Morning Session: 10:00 -11:00 am / Afternoon Session: 5:30 - 6:30 pm

#### Smashers Division — Advanced Beginner Level — Ages 10-16 yrs.

Our focus is on tennis fundamentals which includes strokes technique and basic tactics. Children start learning about the rules of the game and basic competitive strategies.

Morning Session: 11:00 am -12:00 pm / Afternoon Session: 6:30 - 7:30 pm

#### Monday/Tuesday/Wednesday — 6 Days Sessions (Morning or Afternoon)

Session 1: June 29 and July 5, 6, 11, 12, 13

Session 2: July 18, 19, 20, 25, 26, 27

Session 3: August 1, 2, 3, 8, 9, 10

Session 4: August 15, 16, 17, 22, 23, 24

Each Child  
Only \$65  
Per Session

#### High School Prep Academy Drill — Ages 11-18 yrs.

High School Prep Academy Drill is an intense drill & play program. This summer program features 2 hours of non-stop action including advanced stroke production, fast paced drills, competitive games, tactical training for match play and more. It is intended specifically for middle school, high school junior varsity tennis players who want to improve their skills.

##### Morning Sessions:

Saturday & Sunday — 10:00 am - 12:00 pm

Session 1: July 9, 10, 16, 17, 23, 24

Session 2: July 30, 31 and August 6, 7, 13, 14

6 Days Sessions — Only \$130 Per Session

##### Afternoon Sessions:

Thursday & Friday — 5:30 - 7:30 pm

Session 1: July 7, 8, 14, 15, 21, 22

Session 2: July 28, 29 and August 4, 5, 11, 12

6 Days Sessions — Only \$130 Per Session

\* For cancellations due to rain visit [www.liffes.org](http://www.liffes.org) for posted message after 8:00 am. Make-up classes on Fridays.

**REGISTER** on line at [www.LIFFES.org](http://www.LIFFES.org). All credit cards accepted. No refunds. Questions call LIFFES at 631-642-8081 or email [register@LIFFES.org](mailto:register@LIFFES.org). Or cut off and mail the following application below to LIFFES P. O. Box 546 Port Jefferson, N. Y. 11777

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Email: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M / F  
 Emergency contact & phone: \_\_\_\_\_  
 Session # \_\_\_\_\_ Level \_\_\_\_\_ AM \_\_\_\_\_ PM \_\_\_\_\_ (First Servers/Deuce/Smashers) (Beginner, Intermediate, Advance)  
 Session # \_\_\_\_\_ Level \_\_\_\_\_ AM \_\_\_\_\_ PM \_\_\_\_\_ (First Servers/Deuce/Smashers) (Beginner, Intermediate, Advance)  
 Weekday Session \_\_\_\_\_ Weekend Session \_\_\_\_\_ (HS Prep Academy Drill)

I am the parent or legal guardian of the child named above and verify that he/she is in good health and has my permission to participate in the LIFFES Tennis Program. I agree to indemnify and hold harmless the Foundation. Sponsors and other individuals working on behalf of LIFFES from claims. Demands and judgements arising at any time my child is participating in this program. I give consent for my child to be treated by an emergency medical technician/paramedic, nurse or physician. I understand that there is no transportation provided from the state and it is my responsibility to stay on side for my child's lesson. I give LIFFES permission to release my information to the USTA for FREE youth tennis membership.

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_