

BETWEEN THE LINES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Rappahannock Area YMCA, Inc.

212 Butler Road, Falmouth VA 22405

APRIL 2017

www.family-ymca.org

MONTHLY NEWSLETTER FOR PATRONS OF THE YMCA TENNIS CENTER

UPCOMING TENNIS SOCIALS!

High School Social **Friday April 7th 6:30-9:00**

\$15 YMCA Member

\$20 Non-Y Members

(Pizza and Drink Provided)

Adult Social **Saturday April 8th 6:00-11:00**

\$12 YMCA Member

\$17 Non-Y Members

Please bring a snack to share

Middle School Matchplay **Social April 14th 6:30-9:00**

\$15 YMCA Member

\$20 Non Members

(Pizza and Drink Provided)

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- Adult Drop-In & Skill Clinics
- Youth Spring Clinics
- April Junior Player

Questions, comments, and/or ideas for this, or future issues of *Between the Lines*? Contact Kacey Conroy at kconroy@family-ymca.org.

USTA OUTSTANDING TENNIS FACILITY AWARD 2003

TOP 50 TENNIS WELCOME CENTER AWARD 2006

If you would like to schedule a private or group lesson with any of our instructors, please contact the Tennis Desk at 540-371-9622 ext. 1044.

ADULT LESSONS

ADULT BEGINNERS CLASS	Session 1	Session 2	Session 3
Saturdays 9-10:30 AM M: \$75 / NM \$85	3/4-4/8	4/15-5/13	5/20-6/17
Wednesdays 10:30-11:30 AM M: \$50 / NM \$60	3/8-4/5	4/12-5/10	5/17-6/14

ADULT DROP-IN & SKILL CLINICS

H.I.T.S (HIGH INTENSITY TRAINING SESSION)

Mondays 9:30-10:30am (3.0 level and below)
 Tuesdays 8:00-9:00pm (ALL Levels)
 Wednesdays 9:30-10:30am (3.5 level and above)
 Fees: Members \$10 / Non-Members \$15
 Max of 8 per class. Members may sign up anytime.
 Non-Members may sign up the day before.

T.R.X. TENNIS CLASS (Resistance Training)

Tuesdays 5:30-6:30pm
 Fees: Members \$7 / Non-Members \$12
 Members may sign up anytime. Non-Members may sign up the day before. However, all participants are asked to reserve their space before 3:30pm on the day of play.

TENNIS SOCIALS

Saturdays: April 8th, May 6th & June 3rd: 6-11 PM
 Fees: Members \$12 / Non-Members \$17

THURSDAY DRILLS

Thursdays: 9:30-10:30 AM
 Fees: Members \$7 / Non-Members \$12

CARDIO TENNIS

Mondays & Wednesdays 6:30 pm-7:30 pm
 Tuesdays & Thursdays 9:30 am-10:30 am
 Fees: Members \$7 / Non-Members \$12
 Members may call to sign up anytime. Non-Members may sign up the day before.

SENIOR TENNIS

Mondays & Fridays 1 pm-3 pm
 Wednesdays 11:30 pm-1:30 pm
 Fees: Members \$5 / Non-Members \$8
 Space is limited. Y-members may reserve after 5:30pm the evening prior (3:00pm on Sundays).
 Non-Members may reserve after 9am same day.

PICKLE BALL IN THE GYM

Mondays & Thursdays 1:30 - 3 pm
 Fees: Members Free / Non-Members \$5

TENNIS PERSONAL TRAINING

Days and Times: Anytime (30 minutes - 2 hours)
 Book with any of our Tennis Instructors

YOUTH LESSONS

SHORT SHOTS: Ages 5 & 6

Members: \$25 / Non-Members: \$35	Session 2	Session 3
Mondays 4:30-5 PM	4/10—5/8	5/15—6/12
Wednesdays 4:30-5 PM	4/12—5/10	5/17—6/14
Saturdays 9-9:30 AM	4/15—5/13	5/20—6/17

QUICK START BEGINNER TENNIS: Ages 7-10

Members: \$50 / Non-Members: \$60	Session 2	Session 3
Saturdays 9:30-10:30 AM	4/15—5/13	5/20—6/17

QUICK START INTERMEDIATE TENNIS: AGES 7-10

Members: \$50 / Non-Members: \$60	Session 2	Session 3
Saturdays 10:30-11:30 AM	4/15—5/13	5/20—6/17



QUICKSTART TENNIS COMBINATION: AGES 7-10

Members: \$50 / Non-Members: \$60	Session 2	Session 3
Mondays 5-6 PM	4/10—5/8	5/15—6/12
Wednesdays 5-6 PM	4/12—5/10	5/17—6/14
Sundays 3-4 PM	4/16—5/14	

BEGINNER/ADVANCED BEGINNER JR: AGES 11-16

Members: \$50 / Non-Members: \$60	Session 2	Session 3
Tuesdays 4-5 PM	4/11—5/9	5/16—6/12
Thursdays 4-5 PM	4/13—5/11	5/18—6/15
Saturdays 10:30-11:30 AM	4/15—5/13	5/20—6/17

INTERMEDIATE/ADVANCED BEGINNER JR: AGES 11-18

Members: \$50 / Non-Members: \$60	Session 2	Session 3
Tuesdays 5-6 PM	4/11—5/9	5/16—6/12
Thursdays 5-6 PM	4/13—5/11	5/18—6/15



Junior Tennis Player of the Month



Abiela Wang

Abiela's been playing tennis since her 8th birthday back in 2013. She has a two handed forehand and a two handed backhand. Her favorite player is Serena Williams. Her favorite subject in school is history, especially Roman history. She loves eating and watching movies and spending time with her best friend Leah. She loves shopping and going to the mall with her daddy. She loves going to church, and looks forward to helping her mother out some day with women's ministry.