

Registration information

Participant's name: _____ Home Ph: _____ Work: _____
DOB: _____ Age: _____ Cell: _____ Email: _____
Parent / Guardian: _____ Allergies / Medical Condt. / Medications: _____
Mailing Address: _____
Physical Address: _____ Emergency Contact: & Phone _____
Any other information: _____

Please circle the session/s you are registering for:

Schedule for Wednesday's

- ☐ Session 1: June 19, & 26, July 3 & 10
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 2: July 17, 24, 31, August 7
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 3: Aug 14, 21, 28, September 4
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 4: Sept 11, 18, 25, October 2
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

Schedule for Saturday's

- ☐ Session 1: June 22 & 29, July 6, & 13
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 2: July 20 & 27, August 3 & 10
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 3: August 17, 24, 31, September 7
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

☐ Session 4: September 14, 21, 28, October 5
☐ Children's ☐ Youth ☐ Adult Beg ☐ Adult Inter.

Holderness Recreation Release Of All Claims

In consideration of the permission granted for _____ (Participant name here) to take part in the above named recreation program, I hereby release for myself and my heirs, the Town of Holderness, its agents, employees, volunteers, and other program participants, from all actions, damages, claims, and negligence, which may result in personal injuries and/or damages.

I recognize there may be inherent dangers in participating in this recreation program, which may present strain on the body and its parts, and furthermore, I represent to the best of my knowledge, the participant is in proper physical condition to allow participation.

I understand that, in case of an emergency, Holderness Recreation will attempt to contact the person identified as the "emergency contact". In the event of a medical emergency, I consent to the participant's treatment by a medical doctor and I agree to be responsible for all costs associated with said treatment, including transportation to a medical facility.

I also understand that Holderness Recreation may take pictures of me or my child while enrolled in this program and that these pictures maybe used by Holderness Recreation for advertisement and promotions I give my permission for mine or my child's picture to be taken and photos to be used by Holderness Recreation. Promotions may include, flyers, Facebook, the Town Website etc.

I the undersigned, here read this release and understand all its terms and implications. I hereby execute this release of my own free will and with full knowledge of its significance.

Signature _____ Date _____ Print Name: _____

Holderness Recreation Department 2024 Summer Tennis Lessons

We are offering Wednesday and Saturday sessions this year

**Cost: \$105 per person,
per session**



Bill Aronson or "Peanut Butter Bill" is
back for his 11th season!

Holderness Recreation Department
P.O. Box 203
Holderness, NH 03245
Phone: 603-968-3700
Email: recreation@holderness-nh.gov
www.holderness-nh.gov



Find the Fun this Summer with Tennis!



Summer Tennis with Bill Aronson

Instructor Bio:

- ◆ Certified USPTA and PTR Tennis Professional
- ◆ Certified by USTA in High Performance Coaching and Quick Start for juniors
 - ◆ Certified Sports Psychologist
- ◆ Previously a Tennis Professional for the City of Coral Gables, FL.
- ◆ Former Harry Hopman Tennis Professional
- ◆ Former Head Collegiate Tennis Coach at Springfield and University of Lowell
 - ◆ Former USTA and ITF Clinician
 - ◆ Former USAF Captain
- ◆ He has a BS from the University of Utah, MS and CAGS from Springfield College, MBA Plymouth State University, and PhD from the California School of Professional Psychology.

We are very excited to have Bill back again for the 11th summer. He is a great instructor who truly loves the game of tennis and sharing his craft with others. Bill is very skilled at teaching all abilities: children, adults, elite, disabled and recreational athletes.

Below you will find a variety of classes that are available this summer. Classes must have a minimum of 4 players and a max of 6—8 depending on the level. Sessions are 4 weeks long. Lessons are rain or shine and will be held unless it is pouring or thunder and lightening. Make up classes will be held as needed at hopefully a mutually convenient time.

Youth Racquets:

Youth racquets are available to borrow at no cost. Please contact the recreation office to make arrangements.



Class Descriptions

Children Clinic ages 4-7:

This class introduces tennis using the USTA Quick Start Method, and focuses on improved racquet skills, hand-eye coordination, balance and movement. Participants will play games to develop skills, modified scoring, and rally play. The goals of this class are to provide a fun and enjoyable experience while teaching how to play tennis using the correct size equipment and courts. A 36-foot court and **red low compression balls** will be used. Racquets between 19-23 inches are required.

Wednesday's 3:30-4:30pm or
Saturday's 2:00—3:00pm

Youth Beginner Tennis ages 8—16:

Great for youth seeking to improve and have fun. Participants can be a total beginner or getting back into game.

Wednesday's 4:30-5:30pm or
Saturday's 3:00—4:00pm

Adult Beginner—Ages 17+:

This program is for the beginner to advanced beginner level adult wanting to learn the fundamentals of the game. The class will cover racquet positioning, stroke production, court positioning, shot placement and games.

Wednesday's 5:30-6:30pm or
Saturday's 4:00—5:00pm

Adult Intermediate & Advanced:

This program is for the intermediate and advanced players that are looking for a more competitive approach to improving his / her game. Players should expect to receive high quality instruction geared to improving performance.

Wednesday's 6:30-7:30pm or
Saturday's 5:00—6:00pm

Scholarship assistance may be available for this program, contact the recreation office for more information.

Adaptive Tennis

Bill is happy to put together an Adaptive Tennis class for anyone with a special need; wheelchair, motor skill delays, Autism, ADD etc. We believe everyone should play, so give us a call and let's make this happen!

Private Lessons:

If you are interested in private or semi private lessons, you can work directly with Bill by emailing him at wronson@earthlink.net or contact the recreation office at 968-3700 to find a mutually agreeable time.

Registration deadlines: are one week prior to the start of a class and classes must be paid for in full. No refunds will be issued after the first class. Classes run rain or shine with the exception of thunder, lightening or downpours. We will do our best to offer make up classes, but we cannot guarantee them.

Class Location: Classes are at the Holderness Central School, 19 School Rd, Holderness, NH off Rt. 175. Drive in towards the front of the school and bear to the left where you will see the courts. An alternate location at the Holderness School may be provided due to construction projects.

Registration information and forms can be found at www.holderness-nh.gov or by contacting recreation@holderness-nh.gov or 603-968-3700.



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