



# Long Island Foundation For Education & Sports

## Program Description

The Long Island Foundation for Education & Sports is excited to bring the game of tennis to Center Moriches HS. LIFFES is an organization of community based tennis programs dedicated to introducing all children to lifetime sport...tennis! Our mission is to empower all children with an instructional and play based tennis program. Our staff is trained by United States Tennis Association Coaches and has the experience to provide a quality experience for your child LIFFES youth Team Tennis League offers all children the opportunity to play on teams in a league that emphasize fun, friends and fitness. Our youth team tennis league provides a pathway for children to prepare to play tennis on a school team. Teams are organized to match children by age and ability. With the United States Tennis Association QuickStart games based tennis program... it's easier for children, we changed a few things...the court sizes, the racquet sizes, the balls, the scoring system and even the net height. This tennis format is tailor-made for kids. For more experienced players we will place them in more advanced groups each week. Plus, just like other popular sports, this format stresses the importance of play and team competition.

### First Servers Division :: ages 4-7 :: 4:30 - 5:30pm

The QuickStart Tennis format will help children learn and play the game. Now any child can start playing tennis almost immediately-even if he or she never picked up a racquet before. QuickStart stresses the importance of play and team competition. Children age 7 may choose between the First Servers and Aces Division.

### Aces Division :: ages 7-9 :: 5:30 - 6:30pm

The Aces Division is for children who have some tennis experience or are new to tennis. Children are divided by ability and provided basic instruction with skill based activities, games and Quick Start tennis activities including team matches. Children will be introduced to doubles and singles with the QuickStart transitions courts and tennis balls.

### Pro Division :: ages 10-13 :: 6:30 - 7:30pm

The Pro Division is for children who played some tennis before and want to compete on teams with their friends and get match experience. Instruction provided and children will be skill tested and placed by ability.

### Middle School/JV Team Division :: ages 11-15 :: 6:30 - 7:30pm

This division is for children who are on there MS/JV team and want to improve or who want to try out for there school team. Instruction provided, skill development activities, develop match play skills in singles & doubles.

## Rain Announcements

Please call LIFFES at 631-642-8081 after 2:00pm for a recorded message regarding possible program cancellations due to bad weather.



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2009 LIFFES.org program  
USTA Youth Tennis Program  
Center Moriches



online  
**NEW**  
registration

## Location Details

Location: Center Moriches H.S. Tennis Courts

Days: Tue, Thu / Mon, Tue, Wed

Dates: Session 1:: July 7, 9, 14, 16, 21, 23  
Session 2:: July 28, 30, Aug 4, 6, 11, 13  
Session 3:: Aug 18, 19, 20, 25, 26, 27

## Requirements

- Sneakers, water bottle & a smile!
- Tennis racquet. You can purchase a racquet for \$25 (racquet will be given to you on 1st day of class)
- Fee: **\$75 per student, per session**

## Online Registration & Payment

Please register online at "www.liffes.org" and you will be able to make payment through our web site. We accept all major credit cards. If you cannot pay by credit card, please call Renee at 631-642-8081 or email us at "register@liffes.org". Enrollment is limited, no refunds.