



Long Island Foundation For
Education & Sports



Long Island Foundation For
Education & Sports
&
The First Tee
present

2009 LIFFES.org
Golf & Tennis Academy
@ All Pro Sports Academy

www.liffes.org Questions? Call (631) 642-8081 or e-mail register@liffes.org

Background

The Long Island Foundation for Education and Sports with Rich Jones, PGA Golf Academy & First Tee Golf of Suffolk County will be providing a Golf & Tennis Academy at All Pro Sports Academy in Bellport.

Our **Holiday Golf & Tennis Academy** will run from Monday, December 28th through Thursday, December 31st.

Our **Winter Golf & Tennis Academy** will run on Saturday's from January 16th through May 1st (two - six week session will be offered). **All equipment will be provided by the Long Island Foundation for Education & Sports!** You just need sneakers to play!!

Program Description

The Golf & Tennis Academy employs PGA and USTA certified instructors to provide quality instruction to your child. Each class will teach stroke basics in Golf & Tennis, along with play-based games, Team Tennis format with prizes and age specific speed & agility training.

The Tennis Academy will use the USTA's Quick Start Tennis format - an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. The Golf Academy will utilize the **SNAG (Starting New At Golf)** golf equipment in addition to regular golf clubs. The Golf Academy will use an exciting new format for learning golf, designed to bring kids into the game by using the specialized equipment. We will divide the children into different levels: ages 5 & 6 yrs, 7 & 8 yrs, 9 & 10yrs and 11-12yrs.

Facility

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| <p>All Pro Sports Academy 990 Station Road Bellport, NY 11713</p> | <p>This indoor facility contains multiple Quickstart tennis courts, an indoor driving & putting range.</p> |
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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, you can mail a check payable to "LIFFES" at: PO Box 546 Port Jefferson, New York 11777.



Schedule

Holiday Session: Dec. 28 - 31
Monday, December 28th 11:00 - 1:00pm
Tuesday, December 29th 11:00 - 1:00pm
Wednesday, December 30th 11:00 - 1:00pm
Thursday, December 31st 11:00 - 1:00pm

Winter Sessions:

Session 1 (Saturdays, Time: 5:30-7:30pm):
Jan. 16, 23, 30, Feb. 6, 27, Mar. 6th

Session 2 (Saturdays, Time: 5:30-7:30pm):
Mar. 13, 20, Apr. 10, 17, 24, May 1

Fees

\$100
per child

\$125
per child

Curriculum

- Stretch & warm up
- Instruction & Drills (Golf & Tennis Rotations)
- Group Games (Golf & Tennis)
- Team Golf & Tennis Match Play (prizes & awards)
- Review