



Long Island Foundation For Education & Sports



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2009 LIFFES.org program
Quickstart Tennis League & HS Drill
World Gym - East Setauket



online
NEW
registration

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.

Rain Announcements

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

Program Description

The Long Island Foundation for Education & Sports is excited to bring Quick Start tennis to World Gym in East Setauket. Not only is tennis a sport of a lifetime but in many ways it is a lesson in life. Quick start tennis is an exciting new format for learning tennis where the kids get to "play" in their very first lesson. Modeled after the most successful developmental programs in Europe, it utilizes specialized equipment, shorter court dimensions and modified scoring all tailored to age and size, to provide the optimum learning environment. This tennis format is tailor-made for kids. And when all these elements are used together, it truly works. Any child between ages five and twelve can start playing tennis almost immediately. 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. Kids will now have the opportunity to play with their friends while developing their skills.

High School Drill Program: For our junior varsity and varsity players this is a perfect program to continue playing and compete in match play each week. More experienced players will play advanced tactical games to help bring out their best in competitive play. Competitive league play

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: \$120 - 185 per student, per session**

Location Details

Location: World Gym Health & Racquet
384 Mark Tree Rd, East Setauket

Days: Sundays - 8 week program

Dates: Session 1:: Oct 19, 26, Nov 2, 9, 16, 23, Dec 7, 14 (2008)
Session 2: Jan 11, 25, Feb 1, 8, Mar 1, 8, 15, 22 (2009)
Session 3: Mar 29, Apr 5, 26, May 3, 10, 17, 31, Jun 7 (2009)