



# Long Island Foundation For Education & Sports



Long Island Foundation For Education & Sports

## 2009 LIFFES.org program Indoor Tennis Program

Armitraj Health & Racquet Club, Bay Shore

### Program Description

The Long Island Foundation for Education & Sports is a non for profit organization and a member of the United States Tennis Association that is dedicated to providing quality tennis programs for children of all ages. Since 1998 we have helped enhance children's lives through tennis by providing quality instructional and play based tennis programs. Our staff is trained and supervised by a United States Tennis Association trainer.

Whether in the parks, schools or indoor clubs our staff will provide a quality experience for your child. Our programs provide a pathway for every child to learn tennis and, if they desire, to develop in to a high school or tournament player.

The Long Island Foundation for Education & Sports with the United States Tennis Association is excited to bring tennis to children in your community!

### Location Details

Armitraj Health & Racquet Club (Sunday's only)

Howells Rd & Asharoken Blvd, Bay Shore, 11706

Session 1: October 18, 25, Nov. 1, 8, 15, 22, Dec. 6, 13

Session 2: December 20, Jan. 10, 17, 24, 31, Feb. 7, 28, March 7

Session 3: March 14, 21, April 11, 18, 25, May 2, 9, 16

### 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.**

### Requirements

Tennis racquet, sneakers and water bottle. If you don't have a racquet, you can purchase a racquet through LIFFES. Cost: \$25. You will receive it on your 1st day of class.



### Groups for all ages and levels

Fee: \$130 per student, per session

#### The Dropshots Division (ages 3 - 4) time slot: 2 - 3 pm

This level is one of our favorites! By using the "Mommy and Me" format, parents help guide their child through the fun, achievable activities. Our instructors will use small tennis racquets, large, slow moving balls, cone activities, ball rolling activities, bean bags, balloons...\*

#### The Little Deuces (ages 5 - 6yrs) time slot: 2 - 3 pm

If you watch a Little Deuces class in action, you will see the basic strokes introduced through a variety of fun activities. The racquet is used to first roll and block balls, gradually building up to hitting bouncing balls. Receiving skills such as ball catching and blocking...\*

#### The Aces (7 - 8yrs) time slot: 3 - 4 pm

The Aces is an exciting program where kids learn to rally with each other and compete in a Team Tennis format. Basics of the groundstrokes are taught with an emphasis placed on consistency. Modified games are used to teach the basic strategies, such as consistency...\*

#### Match Point (ages 9-10yrs) time slot: 3 - 4 pm

Our Match Point division steps up the strokes, games and Team play. Besides groundstrokes, volley and serve players will be taught the transition game and more elements of creating a competitive strategy. Players will use ¾ court and full court games to develop...\*

#### Center Court (ages 11 and older) time slot: 4 - 5 pm

"Ladies and gentleman, now on The Center Court... YOU!". Our Center Court Division focuses even more on match play with Team Tennis, Each session begins with warmup drills and focus on a combination of stroke and strategy instruction...\*

#### The Play Zone (ages 11 and up) , time slot: 4 - 5 pm

This division is all play (no formal lesson), for those who want to play, play, play! Various competitive formats are used, such as doubles, singles, games based (Champion of the Court, etc.) to maximize the time and your competitive experience. There are 2 levels...\*

\* For Full Descriptions and online registration, please visit us online at:

[www.liffes.org/programs/indoor.asp](http://www.liffes.org/programs/indoor.asp)