



HAYWARD AREA RECREATION & PARK DISTRICT

Programs/Programas
Summer/Verano
2021



HaywardRec.org/guide

Online and Walk-In Registration begins Wednesday, May 26, 2021 at 8:30 a.m.
Las inscripciones en línea y en persona comienzan el miércoles 26 de mayo de 2021 a las 8:30 a.m.

Summer Fun Tennis Camp for Juniors



Tennis For All
TENNIS FOR ALL



Full and Half Day Camps Available (SEE H.A.R.D Website to sign up or call Coach Frye)

Teaching kids the proper way to play tennis, promote sportsmanship, and camaraderie, while learning skills based on tennis technique. There is a delicate balance between learning the game of tennis and having fun. We aim to reach a balance of having fun while learning and doing various sportsactivities. We grow the game of tennis so that kids have fun while they work on forehand, backhand, volleys and serve technique

DAILY ACTIVITIES by Hour:

9:00 -9:30AM: Dynamic Warm Up- Banana Slug Tag; 4-square-Caterpillar trot, tennis specific movement with stretches.

9:30-10:15AM: Forehand/Backhand footwork drills and mechanics, Tennis Games: Tennis 4-square, Later Dude, Alcatraz, Freeze-Ball

10:15-10:30AM: SNACK BREAK!!!

10:30AM-11:30AM: Tennis Games: Rotating Triples, Champs and Challengers, Speed Racer

11:30AM-12:00PM: ARTS AND CRAFTS

12:00PM-1:00PM: LUNCH BREAK!!

1:00PM-1:30PM: Water-Park Games!!

1:30PM-2:00PM: Serve Mechanics and games

2:00PM-2:15PM: SNACK BREAK!!

2:15-3:00PM: Serve games, Beat the Coaches!

3:00PM: Check-Out

Activities will include basic tennis skills and strategy, safety skills and games. This camp is for beginners to advanced Youth players. Please bring racketand 1 can of balls. Location: Castro Valley Community Center Tennis Courts 18988 Lake Chabot Rd in Castro www.tennysontennisinstruction.com/www.HaywardRec.org/ReqForm

Kevin Frye USPTA, PTR

Tennis Director TennysonTennisInstruction.com

Head Coach Tennyson High Boys/Girls Varsity Tennis

Cardio Tennis Director