



CONTACT INFORMATION

For more information or to learn more about our program, email us at hhmoore3@gmail.com or call **Holly Holton-Moore** at (941) 809-8050.

Physical Address:

Celsius Tennis Academy at Bath & Racquet Club
2170 Robinhood Street
Sarasota, Florida 34231

Mailing Address:

P.O. Box 19316
Sarasota, Florida 34276



The Facility:

Bath & Racquet Club has been setting the standard for tennis and fitness in the Sarasota, FL, for over 35 years! A family-friendly, 40,000 square foot facility situated near downtown Sarasota on 14 acres with 29 Tennis Courts: 23 Har-Tru, 6 Hard Courts, a Cardiovascular Center, Free Weights, Jr. Olympic size lap pool, squash and racquetball courts, pro shop, restaurant and more...

Celsius

TENNIS ACADEMY

A Sport for life...

It's no accident that tennis has become the fastest growing sport in the world. Parents have discovered that the benefits of tennis go far beyond the court and numerous research studies have confirmed that the individual nature of tennis combined with the physical and mental demands pay big dividends to both the body as well as the mind. You'll see improvement in your child's speed, flexibility, coordination and strength in addition to helping them develop solid work ethics, problem solving skills, stress management, sportsmanship and teamwork.

About Celsius...

Celsius Tennis Academy offers introductory and competitive tennis programs for children and young adults between the ages of 5 and 18. Should your young athlete wish to take his or her game beyond the beginner or intermediate level, Celsius has a program to fit most any schedule and level of commitment whether it be to play at the middle school, high school or college level, tournament tennis or simply to become an accomplished player for life.

Many Celsius athletes have been awarded scholarships and/or greatly improved their options to attend their college or university of choice, including top Ivy league schools and other leading colleges and universities.

For more information visit:
www.celsiustennis.com

Celsius

TENNIS ACADEMY

www.celsiustennis.com



A Higher Degree
of Excellence

QuickStart Hotshots Future Champions

Junior Tennis Programs



QuickStart Tennis Program Learn to play fast! (ages 4-10)

The Celsius Ten and Under Quickstart program is specifically designed for beginners and early stages of play. The primary intent is to have fun and learn the basic elements of 10 and under tennis as quickly as possible.

Our program is based and endorsed by the USTA 10 and Under Tennis format but with some important adaptations by Celsius.

Students will start with a daily format that consists of:

- Stretching and Warm Up
- Drills that focus on stroke technique, footwork, and fundamentals of tennis
- Interactive play with other students and coaches

The size of the court, exercises, drills and intensity are based on age and the ability. Our program enhances more rapid development of eye hand coordination and basic strokes to get your child up and playing tennis and having fun QUICKLY!

Each week students are given fun goals while earning tape belt similar to Martial arts progression systems. The emphasis is first and foremost on Play To Learn and Fun.

As students progress, so does the size of the court, speed, intensity and challenge of each exercise until they are beginners no more... and start to play early stages of competitive tennis.

HotShots Tennis Program Bridging the gap! (ages 8-13)

Our new HotShots program is designed for students who have graduated from our QuickStart program or who already possess necessary skills and hand-eye coordination to move to an appropriate court size and regulation balls, but are not ready just yet for the rigors of our Future Champions.. Students will continue to work on stroke production but start to apply rallying and point play.

Our student-to-coach ratio in the HotShots program is typically lower due to the more varied and demanding drills students will be working on as well as the more individualized attention they may require during this phase of their tennis development.

Like the QuickStart program, emphasis is first and foremost on fun and learning but with exercises, games and drills that more closely mirror the actual match play. You'll be amazed at how fast your child progresses in this specially developed program.

From HotShots to Future Champions

Once your child graduates from the HotShots program, they will be ready, if they choose, for our more advanced Future Champions (**Intermediate**) program. Here, in addition to drills, students participate in more competitive exercises, conditioning and match play with on court coaching where they will also learn advanced rules, scoring, and game etiquette with students of equal proficiency. Cost for this intermediate program starts at \$260/month for 1.5 hour sessions two times per week. Visit www.celsiustennis.com for complete details and options.



2011 School Year Sessions (QuickStart & HotShots)

- #1 September 12th - October 5th
- #2 October 10th - November 2nd
- #3 November 7th - November 30th
- #4 December 5th - December 14th
(half price 2-week session)

*2012 Session Dates will be posted in November

Days & fees (per 4 week session)

Days	Time	Cost
Monday or Wednesday	4:30 - 5:30 pm	\$ 49 QuickStart \$ 99 HotShots
Mondays & Wednesdays	4:30 - 5:30 pm	\$ 69 QuickStart \$139 HotShots

Registration

Registration and payment for QuickStart and HotShots can be made in the Pro Shop at Bath & Racquet Fitness Club. You may also download a registration form by visiting celsiustennis.com and follow the instructions on the form. Payment for these programs must be made before or at the beginning of each session. **Please direct questions to Holly Holton Moore at (941) 809-8050 or hhmoore3@gmail.com.**

Weather Policy

Our QuickStart and HotShots programs move indoors should adverse conditions arise. Be prepared to come even if it rains!

Private Lessons

Special rates with Holly Holton-Moore are available to Quickstart & HotShots athletes in hour or half hour sessions.

Hour	Half Hour
\$60	\$30
<i>Five 1-hour lessons \$275, Five 1/2 hour lessons \$125</i>	

For more information visit:
www.celsiustennis.com