

Registration Form

Name _____

Address _____

City, Zip _____

Contact Telephone _____

Contact Email _____

Age if Jr. _____ Ability: (Beginner), (Intermediate),
(Advanced)

Health Concerns: _____

Select Program:

Tots : _____

Junior Stars: _____

Excellence: _____

Amount Enclosed:\$ _____

Checks Payable to:

McGregor Links Country Club

***Drop off or mail detached Registration Form and
payment to:**

McGregor Links
Tennis Program
359 Northern Pines Road
Wilton, New York 12301

Director of Tennis



McGregor Links Country Club's Tennis programs are led by Mark Rabideau. Mark is the Director of the Ballston Area Community Summer and Winter Tennis Programs and heads the Varsity Boys' and Girls' tennis teams at Ballston Spa High School.

Contact Mark for other playing opportunities. Additional groups, sessions, and private lessons will be formed upon interest.

Email: mrabs10@gmail.com

Office Phone: 518-584-6270



McGregor Links Country Club

Tennis Program



2017

Lessons

<p>Basic Tennis Fundamentals</p>	<p>-Drills designed for every ability level. Focus is on technique, types of strokes, and hand-eye coordination.</p>
<p>Cardio Tennis</p>	<p>-Fun and fast paced drills and games. A cardio workout and tennis lesson all in one. Focus is on strength and cardiovascular endurance.</p>
<p>Match Play Tennis</p>	<p>-Drills and games designed to simulate match play. Focus is on singles and doubles strategy, positioning, and shot selection in a more competitive environment.</p>

Contact Mark for pricing and scheduling.



Clinics

**Tuesday and Thursday
June 27th -July 27th**
(No lessons July 4th)
(9 lessons)

Group	Ages	Time (pm)	Member Cost	Non-Member Cost
Tots	4-7	3:15-4:00	\$90	\$110
Junior Stars	8-11	4:00-5:00	\$95	\$115
Excellence	12-15	5:00-6:00	\$100	\$120

*Ages do not always coincide with ability. The director will suggest a clinic if a player is better suited in a different group.

*All lessons rained out will be rescheduled for the following Wednesday/Friday

