

WEST SIDE TENNIS CLUB PROGRAMS 2010 - 2011

PRIVATE & GROUP LESSONS

Rates for Tennis Director Bob Ingersole & Head Professional Guillermo Oropez

Outdoors:		Indoors:	
1 hr. Private:	\$100	Add Half Court Fee	
1 hr. Group:	\$110		

Rates for Professional Staff
Outdoors:

	<u>Pros</u>	<u>Hitter</u>
1 hr. Private:	\$70	
1 hr. Group:	\$80	*\$30
Jr. Private (under 18):	\$55	

* Hitters available to Club members only

Indoors: Add Half Court Fee

Note: Group lessons are 2 or more people.

Non-members must also pay a \$15 per person guest fee in Prime Time (\$10 in Non-Prime Time) for all private & group lessons.

Lesson Cancellation Policy:

24 hours notice must be given for all cancellations or lessons must be paid for in full.

Directions: visit our website
www.foresthillstennis.com or call the club at
718-268-2300



EXCEL JUNIOR DEVELOPMENT PROGRAM

Classes in the Excel Program are offered in weekly one hour or 1 1/2 hr. sessions. A student/teacher ratio of 4:1 or better will be maintained. All our instructors are certified by one or both teaching professional associations (USTA or PTR).
WSTC Tennis Director Bob Ingersole personally supervises all junior programs. Bob has personally coached hundreds of sectionally and nationally ranked juniors. Daily activities for juniors are directed by Thomas Gilliland.

ELITE JUNIOR TOURNAMENT TRAINING PROGRAM (TTP)

Special college bound player program 6:30-8:30 pm
Personally supervised by Bob Ingersole & coordinated by Gus Alcayaga.

Includes: Two 1 1/2 hr. Group Lessons with Senior Pros Mon. & Wed. or Tues. & Thurs.
One Coached Match Play session per week - Fri at 6:30-8.30 pm or Sun at 4-6 pm (includes 30min conditioning)
Three 1/2 hr. conditioning sessions based on anaerobic exercise, including strength and flexibility training to enhance foot speed, balance and to prevent injury.
Individualized Tournament Schedule Planning
Discounts on Private Lessons
Free walk-on court time in bubble until April 27
Trips to Endorsement Tournaments
Sport Psychology seminars & workshops
Challenge matches with other clubs
Free physical screening & personalized fitness program

SUMMER JUNIOR CAMP *Sample Day*

Warm up & Technical Instruction	9:00-10:45
Snack	10:45-11:15
Tactical Instruction	11:15-12:30
Lunch	12:30-1:30
Pool & Match Play Session I	1:30-2:30
Pool & Match Play Session II	2:30-3:30
Match Play, Conditioning & Competitive Games (TTP)	1:30-3:30
Snack and Dismissal	3:30-4:00

JUNIOR PROGRAM PRICING

TUITION, DATES & PRICES

Spring Session (8 weeks)

May 2 - Jun. 26, 2010

<u>Duration</u>	<u>Member rate</u>	<u>Non-mem. Rate</u>
1 hr	\$240	\$320
1 1/2 hrs	\$360	\$440
T.T.P.	\$900	\$1,060

Summer Camp

1st week starts Monday, June 7, 2010

Last day is Friday, September 3, 2010

Members: \$350 per week or \$100 per day

Non-members: \$525 per week or \$135 per day

Half day is available at a rate of \$60 for members and \$100 for nonmembers.

Transportation: \$175 per week

* 10% discount for additional child from immediate family

Fall Session (4 weeks)

Sept. 12th—Oct. 9th, 2010

<u>Duration</u>	<u>Member rate</u>	<u>Non-mem. Rate</u>
1 hr	\$120	\$160
1 1/2 hr	\$180	\$220
T.T.P.	\$450	\$550

Winter Sessions (2 x 14 wks. off Dec.24-Jan2)

1st Session: Oct. 10th - Jan. 22, 2011

2nd Session: Jan. 23th – April 30, 2011

<u>Duration</u>	<u>Member rate</u>	<u>Non-mem. Rate</u>
1 hr	\$560	\$700
1 1/2 hrs	\$840	\$980
T.T.P.	\$1,800	\$1,995

(Prices above are for one 14 week program)

Vacation Camps:

	12-4 pm
Holiday Camp:	Dec. 20-24, 2010
	Dec. 27-31, 2010
Spring Camps:	Feb. 14-18, 2011
	Mar.14-18, 2011
	Mar.21-25, 2011
	April 18-22, 2011

FULL WEEK Members: \$250 Non-mem: \$350

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COURT RATES

Indoor Court Time Rates:

Prime Time (PT)	\$52/h	\$75/h –nm*
Non-Prime Time (NP)	\$36/h	\$50/h –nm*
12-4pm Weekdays	\$30/h	

* non-member rate

Time Periods:

<u>Mon-Fri</u>	<u>Rate</u>	<u>Sat & Sun</u>	<u>Rate</u>
7 am - 4 pm	NP	7 - 8:30 am	NP
4 pm - 9.30 pm	PT	8:30 - 5:30 pm	PT
9.30pm - 11pm	NP	5:30 - 9:30 pm	NP

WSTC members have unlimited advance booking privileges

Non-members may book courts 48 hours in advance
24-hour Cancellation Policy will be strictly enforced

Non-members are required to give a credit card number to hold all reservations

Outdoor Guest Fees:

\$25 per day

WINTER BUBBLE CONTRACT COURT TIME

The 2010-2011 Indoor Bubble season will start Friday, Oct. 1, 2010. The last day of play will be Saturday, Apr. 30, 2011. The bubble season consists of 29 weeks of play. Contract courts will not be pro-rated. 10% Discount for sign-ups by Aug. 1. Non-members can apply for contract time after Aug. 1. Courts are awarded on a first-come first-served basis. *Courts falling on Christmas & New Year can be rescheduled.*

Contract Rates are as follows:

1.5 hrs of Prime Time (PT)	\$2,200
1.5 hrs of Non-Prime Time (NP)	\$1,540

(plus applicable guest fees)

Time Periods:

<u>Mon-Fri</u>	<u>Rate</u>	<u>Sat & Sun</u>	<u>Rate</u>
7 am - 4 pm	NP	7 - 8:30 am	NP
4 pm - 9 pm	PT	8:30 - 5:30 pm	PT
9pm - 11pm	NP	5:30 - 9:30 pm	NP

A deposit of 1/3 is required to hold the court, with the balance due on the first day of play. Court captains are responsible for collecting all fees and making payment to the Club on the first day of play. Non-members please make checks payable to The West Side Tennis Club.

ADULT PROGRAMS

Members \$30 & Non-mem. \$45 - unless otherwise indicated

All Year Round Programs

Doubles Workout:	Fri 12-1:30pm
Beginner Groups:	Sunday 1-2:30pm
Adv. Beginner Groups	Sunday 2:30-4pm
5.0 Women's Doubles League	Mon. 11am-1pm

Women's Tennis Academy:

2.5 - 3.0	Thursday 8:30-10:00
3.0 - 4.0	Thursday 10-12,
4.0 - 4.5	Tournament Players Thurs. 12-2

Summer Programs: May 28- Sept. 6, 2010

Twilight Tennis:	Fri. 6-7:30 - Members only -Free
Doubles Workout:	Sat & Sun 8.30-10am, Wed 6-7:30pm
Doubles Mixer:	Sat. 1:30-3pm - Members only - Free
Advanced Round Robin:	Sun. 3-5pm - Members only - Free
Womens Team Practice:	Mon. 9.30-11am

Adult Camp: Jul 20-23 & Aug. 3-6 2010 Tue-Fri. 2-6 pm
(M) \$300/wk or \$100/day & (NM) \$360/wk or \$115/day

Winter Programs: Oct. 1, 2010-Apr. 26, 2011

Tuesday Night Men's Doubles League (4.0-4.5)	Tues. 8-9:30pm
Cardio Tennis:	Sun. 3-4 pm
Saturday Night Party:	Sat. 5:30-7:30pm
Conditioning :	Thurs. 11-12 PM or 12-1 PM \$20/m, \$30/NM
Women's Singles Coach & Play Program:	Mon. 9.30-11am

All adult programs MUST be signed up for at least 24 hours in advance.

PROFESSIONAL STAFF

Bob Ingersole - Tennis Director

A native of Australia, Bob played on the Pro Tour. He is fully certified by both the USPTA & PTR, has taught over 100 nationally ranked juniors & adults and was named the USPTA/Eastern Pro of the year in 1991 & 2000. Bob also does extensive volunteer work with the USTA at local, national & international levels giving him in-depth knowledge of the junior & collegiate competitive tennis systems. Bob is the creator of the innovative Star Search Talent identification program

Guillermo Oropez - Head Tennis Professional

Guillermo competed in the US Open & Wimbledon and won several satellite events. He attained a world ranking in the 100's having memorable matches with John McEnroe, Arthur Ashe, Ilie Nastase and Vitas Gerulaitis. He is certified by the USPTA and was USPTA Volunteer Coach of the Year. He is a USTA clinician and CTC coach.

Thomas Gilliland - Director, Junior Programs

Thomas is currently enrolled in Columbia University's Master of Sports Management Program. Thomas is a USTA/Eastern National Coach and sits on the USTA/Eastern Metro Region Board and USTA/Eastern Coaches' Commission. Under his direction, the Junior Program has grown enormously and displays his abundant energy, creativity and professionalism. He is certified by the PTR.

Hugo Hernandez - Senior Tennis Professional

Originally from Puerto Rico, Hugo has been teaching in New York since 1992. He held a top 50 US junior ranking before playing the Satellite Circuit and the qualifying for the US Open. He is fluent in English and Spanish.

Gus Alcayaga - TTP Director

Born in Argentina, formerly world ranked ATP tour and junior player, has worked closely with Junior Tennis for the last 15 years. Gus is certified by USPTA, PTR, USRSA and works with the USTA High Performance Coaching Program. He currently works with National and Eastern ranked junior

Senior Professionals

Justin Hogh
Kayyam Naj

Kathleen Bernard

Staff Professionals

Dan Mansmann

Taylor Crabill

Ben Gologor

Pamela Mogul

John Egan

Dennis Timoshenko

Emily Ladyman

Tom Tvedt

Jessica Lehnhoff

Angelo Zakarakis

Lauren Leo