

SUMMER TENNIS CAMP

2020



RCLB
THE RACQUET CLUB
OF LAKE BLUFF

(847) 295-1322 • www.rclbtennis.com

9-WEEK SCHEDULE

Every day from Monday through Friday, for all ages and all levels.

Week 1, June 15-19

Week 2, June 22-26

Week 3, June 29 – July 3

Week 4, July 6-10

Week 5, July 13-17

Week 6, July 20-24

Week 7, July 27-31

Week 8, August 3-7

Week 9, August 10-14

USEFUL INFORMATION

- High level of instruction by certified and experienced coaches from the RCLB Pro Staff.
- Flexible sign up options: By day or by week (*Discount applied for weekly registrations*)
- Several outdoor locations and indoor air-conditioned courts.
- Lunch included for full day campers and available to add on for half day campers.
- Multi-sport activities organized and supervised, during lunch break.
- Transportation by club vehicles available.
- RCLB staff available full day for any needed communication by calling the club.
- Locker rooms at the RCLB.
- Rest areas with televisions at the club.
- Complimentary Wifi
- Proshop available for campers for stringing, racquets, shoes and accessories.

PROGRAMS

LEVEL 1-4 (*Grouping based on level of play*)

9am – 12pm / Morning Session: Tennis instruction during drills to improve student's racquet skills, footwork and mental focus. Point play situations to improve the efficient usage of student's technical skills towards tactics. Physical training to prevent injuries, to be able to practice harder and to prepare students for the rigors of match and tournament play: Staying intense for the duration of a competition.

12pm – 1pm: Lunch available (included with Full Day camp or can be provided for an additional charge if scheduled in advance for Morning or Afternoon Session only students. Mid-day activities: Basketball, Soccer, Ping Pong and other activities.

1 – 4pm / Afternoon Session: Will begin with specific tennis drills to prepare for the match play theme of the day. Match play using various forms of individual or team competition such as, in house Tournament, "Big Ten", "World Cup", "Laver Cup", "Davis Cup", challenge board matches... Development of mental game skills to prepare students for emotional rigors of competitive tennis.

LEVEL 5

9am – 12pm / Morning Session: Stroke mechanics, basic footwork and rallying will be the focus in order to become more consistent. The development of these skills will be taught through cooperative or competitive situations.

12pm – 1pm: Lunch available (included with Full Day camp or can be provided for an additional charge if scheduled in advance for Morning or Afternoon Session only students. Mid-day activities: Basketball, Soccer, Ping Pong and other activities.

1 – 4pm / Afternoon Session: Instruction and development of the tennis skills through simple competitive situations. Learning the rules and the etiquette of the game.

5 – 6pm: Stroke mechanics, basic footwork and rallying will be the focus in order to become more consistent. The development of these skills will be taught through cooperative or competitive situations.

LEVEL 6

9am – Noon / Morning Session: Children will learn how the racquet moves, the perception (receiving) and the production (sending) of ball trajectories. They will start to rally with a partner. The proper movement will be taught as well as hitting the ball before (volley) or after a bounce (groundstroke).

4 – 5pm: Children will learn how the racquet moves, the perception (receiving) and the production (sending) of ball trajectories. They will start to rally with a partner. The proper movement will be taught as well as hitting the ball before (volley) or after a bounce (groundstroke).

PROGRAMS

HIGH SCHOOL GIRLS

Program designed for competitive Junior Varsity and Varsity players.
Approval required.

4 – 6pm: Tennis instruction during drills to prepare the students for the High School season. Point play situations to improve racquet skills for doubles and singles

TEEN TENNIS

Program designed for teenagers having a basic tennis experience
or new to the game.

4 - 5:30pm: Tennis instruction during drills to improve student’s racquet skills and how to move on the tennis court. A lot of playing situations to learn doubles and singles strategies

PRICING

FULL DAY SESSION (LEVEL 1 – 5)	9:00am – 4:00pm	\$130 / Day	\$545 / Week
MORNING SESSION (LEVEL 1 – 6)	9am – 12pm	\$95 / Day	\$425 / Week
AFTERNOON SESSION (LEVEL 1 – 5)	1:00 – 4:00pm	\$55 / Day	\$245 / Week
LEVEL 5 LEVEL 6	5:00 – 6:00pm 4:00 – 5:00pm	\$33 / Day \$33 / Day	\$145 / Week \$145 / Week
HIGH SCHOOL GIRLS	4:00 – 6:00pm	\$55 / Day	\$199 / Week
TEEN TENNIS	4:00 – 5:30pm	\$40 / Day	\$145 / Week



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ROLB

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