

Frank Sacks Tennis Camps, Inc. – “Be a winner with Frank”

Fall is a wonderful time to enjoy the outdoors and be active on the tennis court! Improve your tennis game with Frank Sacks and his hand-picked instructional staff. Frank Sacks Tennis Camps, Inc. has provided quality professional tennis programs for North and Northwest Suburban communities for over 30 years. Join the more than 5,000 tennis players each year who improve their tennis strokes and skills while experiencing fun and excitement in Frank Sacks Tennis Camp programs. “Be a winner with Frank.”

Quick Start Tennis Programs

Quick Start tennis is a new program that is provided in cooperation with the United States Tennis Association (USTA). This program was originally designed for ages 4-10 to help develop the skills utilizing smaller sized rackets, low compression tennis balls, and smaller court sizes. This program develops proper skills and is great fun for all ages. The Frank Sacks Tennis Camps, Inc. has adapted this program to be extended to all ability and age groups including adults.

2010 Fall Adult Quick Start Tennis Programs

Length: 6 Weeks

Age Level: 16 yrs. and older

Class #	Dates	Time	Day	Level	Location	R/NR Fee
11-9322-1-1-8	9/13-10/18	7:00-8:30pm	Mon.	Beginner-Adv. Beg.	Palatine Hills	\$131/\$161
11-9322-1-1-6	9/13-10/18	8:30-10:00pm	Mon.	Int. 1-Int. 2	Palatine Hills	\$131/\$161
11-9322-1-1-7	9/14-10/19	11:30-1:00pm	Tue.	Int. 2 – Int. 3	Birchwood	\$131/\$161
11-9322-1-1-5	9/14-10/19	1:00-2:30pm	Tue.	Beginner-Adv. Beg.	Birchwood	\$131/\$161
11-9322-1-1-9	9/15-10/20	7:00-8:30pm	Wed.	Int. 2-Int. 3-D+P	Palatine Hills	\$131/\$161
11-9322-1-1-10	9/15-10/20	8:30-10:00pm	Wed.	Int. 4/Adv. D+P	Palatine Hills	\$131/\$161
11-9322-1-1-11	9/16-10/21	9:30-11:00am	Thurs.	Adv. Beg- Int. 1	Birchwood	\$131/\$161
11-9322-1-1-12	9/16-10/21	11:00-12:30pm	Thurs.	Int. 2-Int. 3	Birchwood	\$131/\$161
11-9322-1-1-2	9/11-10/23	1:00-2:00pm	*Sat.	NEW! Cardio Tennis	Plum Grove	\$89/\$109
11-9322-1-1-1	9/11-10/23	11:00-12:30pm	*Sat.	Adv. Beg. – Int. 1	Plum Grove	\$131/\$161
11-9322-1-1-3	9/11-10/23	4:00-5:30pm	*Sat.	Int. 2 – Int. 3 D+P	Plum Grove	\$131/\$161
11-9322-1-1-4	9/11-10/23	4:00-5:30pm	*Sat.	Int. 4 –Advanced	Plum Grove	\$131/\$161

D+P=Drill and Play

***No adult classes on Saturday, September 18, 2010**

2010 Fall Youth Quick Start Tennis Programs

Length: 6 Weeks

Program #	Dates	Day	Time	Level	Age	Location	R/NR Fee
11-9112-1-1-1	9/11-10/23	*Sat.	1-2pm	Pee Wee	4-6	Plum Grove	\$89/\$109
11-9212-1-1-3	9/11-10/23	*Sat.	2-3pm	Beginner	7-10	Plum Grove	\$89/\$109
11-9212-1-1-4	9/11-10/23	*Sat.	3-4pm	Beg.-Adv. Beg	10+	Plum Grove	\$89/\$109
11-9212-1-1-5	9/11-10/23	*Sat.	4-5pm	Adv. Beg-Int.	12+	Plum Grove	\$89/\$109
11-9112-1-1-2	9/14-10/19	Tue.	3:45-4:30pm	Pee Wee I & II	4-6	Birchwood	\$89/\$109
11-9212-1-1-6	9/14-10/19	Tue.	4:30-5:30pm	Beginner	7-9	Birchwood	\$89/\$109
11-9212-1-1-7	9/14-10/19	Tue.	5:30-6:30pm	Beg./Adv. Beginner	10+	Birchwood	\$89/\$109
11-9112-1-1-3	9/16-10/21	Thurs.	3:45-4:30pm	Pee Wee I & II	4-6	Birchwood	\$89/\$109
11-9212-1-1-8	9/16-10/21	Thurs.	4:30-5:30pm	Beginner-Adv. Beg	7-10	Birchwood	\$89/\$109
11-9212-1-1-9	9/16-10/21	Thurs.	5:30-6:30pm	Adv. Beginner/Int	10+	Birchwood	\$89/\$109

***No youth classes on Saturday, September 18, 2010**

2010 Fall Junior Tennis Camps

Location: Palatine Hills Park, 512 Northwest Highway, Palatine

Length: 6 Weeks

Fee: \$174.R, \$204.NR

Class #	Dates	Time	Day	Age	Level
11-9212-1-1-1	9/11-10/23	9:00-11:00am	*Saturday	8 yrs +	Jr. Camp 1-Jr. Camp 2 Tennis
11-9212-1-1-2	9/11-10/23	11:00-1:00pm	*Saturday	12 yrs +	Tournament- HS Team Training Tennis

***No Junior Camps on Saturday, September 18, 2010**

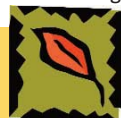
Tennis Camp Levels

Jr. Tennis Camp 1 is designed for Beginner to Advanced Beginner (NTRP 1.0-1.9)

Jr. Tennis Camp 2 is designed for Adv. Beg. -Low Intermediate (NTRP 2.1-2.9)

Tournament Training is designed for Intermediate (NTRP 3.0. -3.5)

For more information, please contact Wendy McKinney, Rolling Meadows Park District at (847) 397-4800 or Frank Sacks USPTA/PTR, Frank Sacks Tennis Camps, Inc. at (847) 933-0002, www.franksackstennis.com. To register, please go to www.rmparks.org.



Indoor Tennis and Fencing . . .

2010 Fall/ Winter - Indoor Tennis Programs

WHERE: Roslyn Road School, 224 Roslyn Rd., Barrington, IL or Barrington High School

LENGTH: 6 weeks

No classes on Saturday, November 27, 2010



Youth Indoor Tennis Program

Fees: \$89./\$109. R/NR for 1 hour classes

\$131./\$161.R/NR for 1.5 hour classes

Program #	Dates	Day	Time	Level	Age
11-9112-1-2-1	Nov. 6-Dec 18	Saturday	10-11am	Parent/Child Tennis	3-5 years
11-9112-1-2-2	Nov. 6-Dec 18	Saturday	10-11am	Pee Wee Tennis	5-6 years
11-9212-1-2-1	Nov. 6-Dec 18	Saturday	11-12pm	Beginner Tennis	7-9 years
11-9212-1-2-2	Nov. 6-Dec 18	Saturday	12-1pm	Beg-Adv. Beg. Tennis	10+
11-9212-1-2-3	Nov. 6-Dec 18	Saturday	12-1pm	Adv. Beg.-Int. Tennis	10+
11-9212-1-2-4	Nov. 6-Dec 18	Saturday	1-2:30pm	Jr. Camp 1-2 Tennis	10+
11-9212-1-2-5	Nov. 6-Dec 18	Saturday	2:30-4pm	Tournament/HS Team Training Tennis	12+

No classes on Saturday, November 27, 2010

Adult Indoor Tennis Program

Fees: \$89./\$109. R/NR for 1 hour

\$131./\$161.R/NR for 1.5 hour classes

Program #	Dates	Day	Time	Level	Age
11-9322-1-2-1	Nov. 6-Dec 18	Saturday	9-10am	Cardio Tennis	16+
11-9322-1-2-2	Nov. 6-Dec 18	Saturday	4:00-5:30pm	Beg./Adv. Beg. Tennis	16+
11-9322-1-2-3	Nov. 6-Dec 18	Saturday	4:00-5:30pm	Int.1-Int. 2 Tennis	16+

No classes on Saturday, November 27, 2010

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Fencing . . .

Fencing/Sword Play Beginner

Want to wield a sword? Fencing class offers students the basic understanding of attack and defense. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. All equipment is provided.

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-13	8-13	Wed.	9/15-10/20	6:30-7:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-13	8-13	Wed.	10/27-12/15	6:30-7:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24

Fencing/Sword Play Advanced

If you have taken a few beginner fencing classes and feel comfortable moving into a more open format, you are ready for continued fencing. Continue to improve your fencing game through practice of footwork, drilling and bouts.

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-14	8-13	Wed.	9/15-10/20	7:30-8:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-14	8-13	Wed.	10/27-12/15	7:30-8:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24

Fencing/Sword Play Adult

Want to wield a sword? Fencing class offers students the basic understanding of attack and defense. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. All equipment is provided. Each class will have conditioning, drilling, and bouts

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-15	14+	Wed.	9/15-10/20	7:30-8:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-15	14+	Wed.	10/27-12/15	7:30-8:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24

