

Tennis

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

JUNIOR TENNIS


QUICKSTART STARS

The USTA QuickStart Tennis format works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are actually playing the game, rallying with one another, moving around and having fun. We use transition balls that bounce at a height equal to kids' playing abilities. This allows for better and longer rallies and allows them to build all-court games.

SPRING ENDING JUNE 4, 2012		QUICKSTART <small>Hempfield Rec Junior Tennis</small> 
QUICKSTART STARS	Mondays, 3:30–4:30 p.m.	
SUMMER JUNE 11–AUGUST 27		
QUICKSTART STARS	Mondays, 10–11 a.m.	
Daily Fee: \$8/Member; \$11/Non-Member		

FUTURE STARS

This clinic is split into three different ability levels. Beginning on court one we use the USTA QuickStart format, but the difficulty level increases and more points are played. On court two we begin using traditional balls and work on transitioning to the new balls and the juniors stroke production. On court three the players start playing more points as we begin preparing the juniors to play matches and eventually, tournaments.

SPRING ENDING JUNE 4, 2012		FUTURE <small>Hempfield Rec Junior Tennis</small> 
FUTURE STARS	Mondays, 5:30–6:30 p.m.	
SUMMER JUNE 11–AUGUST 27		
FUTURE STARS	Mondays, 11 a.m.–noon	
Daily Fee: \$8/Member; \$11/Non-Member		

SUPER STARS

This clinic is for juniors who are competing in district and sectional tournaments as well as competing on high school teams. The focus in this clinic is on tactics, strategy and some stroke production. We work to develop a core group of juniors who can compete against one another as well as travel together to tournaments and other competitive events. The last 30 minutes of this clinic is reserved for conditioning drills, designed to help increase foot speed, agility, and stamina.

SPRING ENDING JUNE 7, 2012		SUPER <small>Hempfield Rec Junior Tennis</small> 
SUPER STARS	Tues., Wed. & Thurs. 4:30–6:30 p.m.	
Daily Fee: \$15/Member; \$18/Non-Member Weekly Fee: \$25/Member; \$35/Non-Member		
SUMMER JUNE 13–AUGUST 25		
SUPER STARS	Tues. & Thurs., 1:30–3:30 p.m. Wed. 1:30–4:30 p.m. (Matchplay included on Wednesday)	
Daily Fee: Tues. & Thurs. \$15/Member; \$18/Non-Member Wed. \$20/Member; \$23/Non-Member Weekly Fee: \$43/Member; \$48/Nonmember		

**Super Stars Clinic will NOT be held the week of Camp.
June 10–June 14 & July 29–August 2.**

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NEW!

HEMPFIELD STARS TENNIS CAMP



The Hempfield Rec Center is proud to announce the addition of Hempfield Stars Tennis Camps to its roster of junior tennis activities this summer. Hempfield will hold two, one-week long camps throughout the summer. Both camps are designed to help juniors improve their all-around tennis game as well as improve their competitive skills. At the conclusion of each camp we will hold a USTA junior tournament for juniors in the surrounding area. The juniors who are USTA members who participate in the full session of camp will automatically be entered into the tournament free of charge. If you have further questions about camp please contact Jon Bair at 717-898-3102, ex. 40, or jbair@hempfieldrec.com.

Sun.-Thurs.,

Sunday: 4-7 p.m.

Monday-Thursday: 9-noon AND 1-4 p.m.

#11933 June 10-14

#11934 July 29-Aug. 2

Fee: \$250 per weekly session, includes tournament entry for USTA members

Daily Option: Half day for \$35 or full day for \$60; sign in and pay at Front Desk

TENNIS@HEMPFIELDREC.COM

Give us your e-mail address so we can inform you of special events or new programs happening at Hempfield Rec.

Either e-mail us or drop off your address at the front desk for Wilson.

Massage Therapy

Did you know that Hempfield Rec Center has two certified massage therapists? Massage is an accepted part of many physical rehabilitation programs and has proven beneficial to many chronic conditions, such as lower back pain, arthritis and bursitis. Massage also helps relieve the stress and tension of everyday living.

Call 898-3102 for an appointment with one of the massage therapists at Hempfield Rec Center:

Kara Kreiner, Certified Massage Therapist, Member of ABMP

Frank Pritz, Certified Massage Therapist since 1996

Fees: \$30/half hour; \$50/hour

Pain Management, Orthopedic massage; \$60/hour (Pritz)

