

Schedule of Play

	Fall 2023 17 Weeks	Winter-Spring 2024 17 Weeks
Sunday	9/10-1/21 (not 11/26, 12/24, 12/31)	1/28-6/16 (not 2/18, 3/31, 4/21, 5/26)
Monday	9/11-1/22 (not 9/25, 12/25, 1/1)	1/29-6/17 (not 2/19, 4/1, 4/22, 5/27)
Tuesday	9/12-1/16 (not 10/31, 12/26)	1/30-6/4 (not 2/20, 4/23)
Wednesday	9/13-1/17 (not 11/22, 12/27)	1/24-6/5 (not 2/21, 4/10, 4/24)
Thursday	9/14-1/19 (not 11/23, 12/28)	1/25-6/6 (not 2/22, 3/28, 4/25)
Friday	9/8-1/19 (not 11/10, 11/24, 12/29)	1/26-6/14 (not 2/23, 3/29, 4/26, 5/24)
Saturday	9/9-1/13 (not 11/25, 12/30)	1/20-6/15 (not 2/24, 3/30, 4/27, 5/25)

Make-ups

Make-ups must be completed on or prior to the make-up dates for each session. Please schedule with your child's coach.

Make-up Day for the Fall Session 1/23.

Make-up Days for the Winter/Spring Session 4/10, 6/11, 6/12, 6/13.

Junior Tennis COVID-19 Safety Guidelines

Air Filtration MERV air filters that filter out viruses and purify the air have been installed both in the lobby and in the tennis court air filtration system.

Hand Sanitizer Hand Sanitizer has been made available at exits and entrances to the building and to the tennis courts.

Pickup/Drop Off One Parent/Guardian is allowed to stay during the lesson. We encourage parents with players ages 10 and under to please stay during the lesson in case the player needs to use the rest room.



Tennis

 Fall 2023-Winter/Spring 2024

Junior Academy – Dix Hills

Eastern Athletic Club's Junior Academy offers a wide range of programs for the beginner to the advanced player. Our experienced staff of dedicated tennis professionals are ready to help your child learn and enjoy the sport for a lifetime.



BLUE POINT 9A MONTAUK HIGHWAY 631 363-2882
DIX HILLS 854 EAST JERICHO TURNPIKE 631 271-6616
EASTERNATHLETICCLUBS.COM



Guidelines For All Programs

Membership	NO MEMBERSHIP IS REQUIRED TO PARTICIPATE IN LESSON PROGRAMS. Membership <i>is</i> required if a student wants to use the Fitness Center.
Fees	To guarantee your reservation, all fees are to be paid in full upon registration (payment plans are available for a small additional fee). It is also understood that enrollment in any of our programs is for the full session and NO REFUNDS will be given for withdrawals after the session begins.
Make-ups	NO CREDIT FOR MISSED SESSIONS. LIMITED TO ONE CANCELLATION PER SESSION. ANY AUTHORIZED MAKE-UP MUST BE COMPLETED BY JANUARY 28, FOR THE FALL SESSION AND BY JUNE 20, FOR THE WINTER/SPRING SESSION.
Pros	WE RESERVE THE RIGHT TO SUBSTITUTE PROS.
Basics	If your child participates in other sports or has other commitments, please take this into consideration when booking their lesson spot—it will be very difficult to make changes once the program is underway. No parents are allowed to stay on the court during the students’ tennis lesson.
Contact	631 773-6293 or 631 271-6616. EacTennis@yahoo.com
Directors	Laurie Tenney Fehrs, Michael Fehrs

Fall 2023 & Winter 2024 17-Week Programs (except as noted)

Private Lessons

These lessons are the best way to improve you child’s game with the individual attention of our experienced tennis professionals. Lessons are focused on the specific needs of the student, from basic skills to game-winning strategies.

17 Lessons	
½-hour	\$1395
¾-hour	\$2095
1-hour	\$2720

Semi-Private Lessons

With only 2 students on the court, these lessons offer individual attention with the benefit of peer support. Students form their own semi-private group and register together. Fee is per student.

17 Lessons	
½-hour	\$ 725
¾-hour	\$1085
1-hour	\$1395

Create Your Own Group Lessons

A weekly lesson with one of our dynamic tennis professionals. Students form their own group and register together. Fee is per student.

17 Weeks	Group 3	Group 4
½-hour	\$ 495	—
1-hour	\$ 950	\$ 725
1½-hour	\$1395	\$ 995

For The Beginner (for new customers of Eastern Athletic – only for beginners)

A program designed to teach the fundamentals of tennis to the beginner player. The equipment used (i.e., small nets, low-compression balls) and court size are determined by age. This allow students and parents to see development from the start. This is a quick, fun way to progress and learn the game. Fee is per student.

Ages 4-6 years, 7-9 years

17 Weeks	Group 2	Group 3	Group 4
½-hour	\$ 725	—	—
¾-hour	—	\$ 725	—
1-hour	—	—	\$ 725

Elite Player Training – by invitation only

Instruction, drills, and match play for Elite players by invitation only. Proper court positioning, footwork, shot selection, strategy and progressions will be taught. Fitness training segments will be used to build stamina and endurance. This program offers competitive players the coaching they need to excel. Fee is per student.

Level	17 Weeks	Fee
The Challengers	Mondays, 6-7.30pm	\$ 795 Co-ed, Multi-Level
The Futures	Thursdays, 6.30-7.30pm	\$ 595 Co-ed, 2-4 Grade
The Contenders	Wednesdays, 6-7.30pm	\$ 795 Co-ed, 5-8 Grade
Davis-Fed Cup	Thursdays, 7.30-9pm	\$ 795 Co-ed, Junior Varsity
High Performance	Tuesdays, 7.30-9pm	\$ 895 Co-ed, Varsity
Girls Elite	Wednesdays, 7.30-9pm	\$ 795 Girls only, JV/Varsity

Coed Match Play (16 weeks)

This supervised singles/doubles league is for Intermediate to Advanced players. It offers match play with a Pro supervising, as well as guidance on their basics when deemed necessary. All players must be rated for proper placement. Each student plays 12 of 16 weeks, allowing for 4 “byes”. Fee is per student.

Level	Sundays	Fee
Level 1	1-2pm	\$ 495
Level 2	2-3.15pm	\$ 625
Level 3	3.15-4.30pm	\$ 625
Level 4	4.30-6pm	\$ 625

Superfly Drill

Fast-paced drills geared to reinforce all of the major strokes, point playing strategy, as well the complete game, with a touch of King-of-the-Court. For ages 7-17 advanced beginner through advanced players. Fee is per student.

Level	17 Weeks
Adv. Beginner & higher	Fridays, 6.30-8pm
Fee	\$795 without Lessons. \$595 with Lessons Series. \$395 with Lessons Series and another program.

High School Coalition (16 weeks – starts 11/4)

Love your school? Have pride in your school by coming together and competing against other high school teams in the area! Join The Coalition – players will compete in singles and doubles matches while being helped by some of the best coaches on Long Island. Coalition players will enjoy friendly competition, as well the opportunity to meet other high schoolers and face different styles of play. High intensity Drills, Coaching, and Matches will be from 4-6pm. Players are organized in 3 teams of 8 players each. Fee is per student.

Level	16 Weeks	Fee
All levels	Saturdays, 4-6pm;	\$ 645

Open Time for Junior Academy Players

To qualify, a player must be enrolled in a 17-week program and all course fees paid in full. Courts are very limited and may be booked up to 6 hours in advance for \$20/court hour providing that all participants are in our Junior Academy. Any other players, parents, and friends included are allowed to join the Junior Academy member and play for an additional \$10/person per hour.

Fee (examples)	1 Junior Academy member and 1 friend/parent	\$20 + \$10 = \$30 per hour.
	2 Junior Academy members	\$20 per hour.
	2 Junior Academy member and 2 friends/parents	\$20 + \$10 + \$10 = \$40 per hour.

All rates valid through June 30, 2024.

