



September 2011

Upcoming Events

[Adult Tennis Programs](#)

[Tennis Under 10 Programs](#)

4 Star Camps Fall Tennis Programs

Join in the fun at the Pen Park Tennis Courts, 1300 Pen Park Rd., in Charlottesville for our Fall tennis instructional programs.

Adult and Tennis Under 10 (QuickStart) programs are available beginning Sept. 13.

Adult Fall Tennis Programs

Conducted by Christopher "Cubby" Cabbage, USPTA, 4 Star Camps Director of Athletics.

Mom's Morning Out Tennis Clinic - Sept. 13 - Nov. 3; Tues & Thurs from 9 - 10:30 a.m.; \$300 for 8 weeks.

For all ability levels. Learn and develop your skills in a low key, zero stress, high energy and 100% fun environment. The six basic strokes of tennis are taught using fun drill work and games. This "instant tennis" format gets you hitting lots of balls, playing points and matches without a lot of standing around. This class is a blast so come join the fun.

The "50 Plus" Senior Tennis Fun and Development Clinic - Sept. 13 - Nov. 3; Tues & Thurs from 10:30 - 12 noon; \$300 for 8 weeks.

Senior players of all abilities will learn some "new tricks of the trade". A common sense approach is used to take the 50+ aged player to a higher level of play and understanding of stroke mastery and matchplay positioning and tactics. The only way to put "new stuff" into action is with repetition and point play. You will be able to work at your own pace in a high energy atmosphere while hitting a lot of balls with high fives and fun along the way too!

Questions? Contact us at 1.800.334.7827.

Registration form and more details available at www.4starcamps.com/fall-adult-junior-tennis.

All Programs at Pen Park Tennis Courts
1300 Pen Park Rd.
Charlottesville, VA

Tennis Under 10 (QuickStart) Fall Program

Conducted by Christopher "Cubby" Cabbage, USPTA, 4 Star Camps Director of Athletics.

Family Friendly QuickStart Tennis for ages 3-10
Sept. 17 - Nov. 5; Sat 11:30 a.m. - 1 p.m.; \$150 for 8 weeks
Sept. 18 - Nov. 6; Sun 2 - 3:30 p.m.; \$150 for 8 weeks

A specially designed program for children ages 3-10. Early childhood development along with important life skills such as basic motor skills, teamwork, goal-setting, positive self-talk, and other core values are the centerpiece of this program. What makes Family Friendly QuickStart Tennis different from other programs?

- Parental on-court involvement is mandatory. Parents learn to interact, teach and have fun with their children in a healthy setting using tennis ("the sport of a lifetime") as the platform for development.
- The USTA's QuickStart kid-sized methodology is incorporated in every class curriculum.

Registration form and more details available at www.4starcamps.com/fall-adult-junior-tennis.

[View testimonials on](#) 

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1300 Pen Park Rd.
Charlottesville, VA

4 Star Camps is a family owned and operated company providing an exclusive brand of academic enrichment and sports instructional programs since 1975.

Sincerely,

Marietta Naramore
Administrative Director
4 Star Camps