



**CLINIC TIMES**

Adult Clinics are scheduled around your availability!  
Please inquire at the front desk for more information.

Junior Clinics Weekly Schedule: (If our schedule doesn't match up with yours we would be happy to develop a program around your availability. Please ask the front desk)

**Red Ball:**

Wednesday: 4:30pm - 5:30pm  
Saturday: 9:00am - 10:00am

**Orange Ball:**

Tuesday: 4:30pm - 6:00pm  
Friday: 5:30pm - 6:30pm  
Saturday: 10:00am - 11:00am

**Green Ball:**

Monday: 4:30pm - 6:00pm  
Thursday: 6:00pm - 7:30pm  
Saturday: 11:00am - 12:00pm

**Yellow Ball:**

Monday: 4:30pm - 6:00pm  
Wednesday: 4:30pm - 6:00pm

**High School:**

Monday: 3:00pm - 4:30pm  
Thursday: 4:30pm - 6:00pm  
Saturday: 12:00pm - 2:00pm

**High Performance:**

Monday: 6:00pm - 8:00pm  
Wednesday: 5:30pm - 7:30pm  
Friday: 3:30pm - 5:30pm

Milford Indoor Tennis  
580 Bridgeport Avenue  
Milford, CT 06460

*All tennis, all the time at Milford Indoor Tennis!*

**MILFORD**  
**Indoor Tennis**



**Indoor Tennis at its Best!**

580 Bridgeport Avenue  
Milford, CT 06460

**(203) 876-1776**  
[www.milfordindoortennis.com](http://www.milfordindoortennis.com)

## ADULT PROGRAMS

### Group Lessons

(Two 17 week Sessions) Come and enjoy a fun and encouraging atmosphere! Instruction will focus on stroke development, drills and strategy to further your tennis game. \$150 deposit is required for placement. (Medical or drop out credit will be on discounted cost)

**Session 1 9/7/17 - 1/21/18    Session 2 1/22/18 - 5/20/18**  
 Note: No Clinics 11/23/17 - 11/26/17, 12/19/17 - 1/1/18

**1-hour clinic once a week: \$42 (\$714)    Twice a week: \$79 (\$1,343)**  
**1½-hour clinic once a week: \$64 (\$1,088)    Twice a week: \$121 (\$2,057)**  
**1½-hour clinic with director once a week: \$72 (\$2,448) 34 weeks**

### USTA Practice with Matchplay

(Must be enrolled in a full priced 34 week program) A great way to build trust with your partner on the court! Practices will consist of a drills and situational tennis strategies that will be applied in a match play setting during the last hour. Your mental toughness, shot selection, teamwork and flexibility to play with anyone will all be tested! If you don't have a partner no worries, as we will fit you into an appropriate leveled clinic.

**1.5 hour clinic (45/45 Drill/Play) ..... \$47 per week (\$799)**  
**1.5 hour clinic (60/30 Drill/Play)..... \$52 per week (\$884)**  
**2 hour clinic (60/60, Drill/Play)..... \$60 per week (\$1,020)**

### Adult Leagues

(34 week commitment) We offer competitive leagues during day, evening and weekend hours. Our league coordinators will help find the best program for you.

**1½ hour Doubles ..... \$29 per week (\$986)**  
**2 hour Doubles ..... \$33 per week (\$1,122)**  
**1½ hour Singles ..... \$36 per week (\$1,224)**

### Point Play

Point Play is a fast moving, game based clinic. If you're looking to hit a ton of balls and get a great work out, Point Play is for you!

**1½ hour clinic ..... \$32**

### Cardio Tennis

Cardio Tennis is a drill, game and footwork based clinic. Fast paced and full of energy Cardio Tennis is great work out and a lot of fun!

**1 hour clinic ..... \$27**

## PRIVATE & SEMI-PRIVATE LESSONS

**½ hour private ..... \$50**  
**1 hour private ..... \$80**  
**1 hour semi-private ..... \$65 per player**  
**1 hour with director ..... \$115**

**No membership fees**

**Air-conditioned courts & clubhouse**

**Five US Open DecoTurf cushioned courts**

**NEW State-of-the-art non-glare indirect tennis court lighting**

**Locker rooms with showers and towels**

**Complete racquet pro shop and stringing service**

**Childcare available for pre-school children**

Monday through Friday 9am to 3pm

## LEARN FROM OUR PROS

At Milford Indoor Tennis, our enthusiastic, expert professionals can improve your game while making tennis fun for all ages. Visit our website to meet our team



## JUNIOR PROGRAMS

### Two sessions

**Session 1 9/7/17 - 1/21/18**

**Session 2 1/22/18 - 5/20/18**

Note: No Clinics 11/23/17 - 11/26/17, 12/19/17 - 1/1/18

**Junior Team Tennis (JTT)** Come and join a JTT team!

A great way to meet new players and create friendships, our Junior Tennis Team program introduces all of our players to team competition. Each team practices once a week and is captained by one of our tennis professionals throughout the season. The JTT format offers a great platform for our players to use what they learn in clinic in a safe and encouraging atmosphere. Matches will be played Friday-Sundays depending on court availability. Place match fee after practice fee. Match fee \$35. **1-hour practice: \$30 per week (\$510)**

**Junior Clinic Program • Ages 5-17 (17 week commitment)**

Tennis is a game for life! Our programs introduce young players to the game in a fun and interactive manner. This allows all of our players to progress through the game and enjoy their time on the court. We offer the appropriate balls, equipment and court size to encourage immediate success, no matter what level or experience. Come on in to play and have Fun!

**Red Ball (Ages 5-7):** Building the fundamentals players will learn hand-eye coordination, how to send, receive and track the ball, basic strokes and tennis terminology. Court Size: 36' Ratio 6:1 Player/Pro  
**1-hour clinic per session: Once a week \$30 (\$570), Twice a week \$57 (\$1,083) • Three 10 weeks Sessions: Session 1: 9/7/17 - 11/15/17, 11/16/17 - Session 2: 11/16/17 - 2/10/18 - Session 3: 2/11/18-4/21/18. One 4 week session: 4/22/18 - 5/20/18**

Note: No Clinics 11/23/17 - 11/26/17, 12/19/17 - 1/1/18

**Orange Ball (Ages 8-10):** This level is designed to build upon the red ball foundation. Players will begin to form an all court game focusing on technique, balance, agility and tactical awareness. Court Size 60 Ratio 4:1 Player/Pro

**Green Ball (Ages 11-12):** Players will begin to master their skills. Stroke development, spins and tactics will be the main focus to ready players for their transition to yellow ball. Court Size 78' Ratio 4:1 Player/Pro

**Yellow Ball (Ages 13-17):** Designed for players who have transitioned from green ball and are looking to continue their development. Technical stroke work, more comprehensive strategies and game situations will be the focus for this group of players. Ratio 4:1 Player/Pro

**High School (Ages 14-17):** (25 weeks) exclusive to high school players, this is a great way to train and prepare for the Spring season. Doubles and singles strategies, technique and team building will all be a focus. Ratio 4:1 Player/Pro  
**1.5 hour clinic: Once a week: \$1,500, Twice a week \$2,850**

**OB, GB, YB:**

**1-hour clinic: Once a week \$40 (\$760), Twice a week \$76 (\$1,444)**  
**1.5 hour clinic: Once a week: \$60 (\$1,140), Twice a week (\$2,166)**

**High Performance (Ages 14-17):** An invite only program, High Performance is geared towards tournament level players looking to compete at a high level. Clinics will be a combination of fitness, drills, situational strategies and game play. Ratio 4:1  
**2-hour clinic: Once a week \$70 (\$1,750),**  
**Twice a week \$133 (\$3,325)**

## SEASON COURTS

**9/7/17 - 6/10/18    37 playing week season**

Note: No Clinics 11/23/17 - 11/26/17, 12/19/17 - 1/1/18

Rates are per court shared by any number of players.

Weekdays	1 hour	1 ½ hour
7 am to 9 am	\$1510	\$1980
9 am to 12 pm	\$2440	\$3580
12 pm to 3 pm	\$1960	\$2940
3 pm to 9 pm	\$3050	\$4570
9 pm to 10:30 pm	\$1960	\$2940
Weekends	1 hour	1 ½ hour
8 am to 1 pm	\$2480	\$3670
1 pm to close	\$2100	\$3120

### Season Court Lessons

Season court members may hire our professional staff to teach on their court:

• ½ hour: **\$38** • 1 hour: **\$76** • 1½ hours: **\$114**

**Early Birds:** Monday, Wednesday, Fridays between 7:00 a.m. and 9:00 a.m. based on court availability. Sign up with a friend. Play as many mornings as you like. Reserve court time one week in advance. **37 weeks: \$851    Drop-in: \$15**

### Season Court Regulations

- Captain will supply the club with names of players in the group.
- Season Court fees are due in full by the first day of play OR join our convenient Autopay plan.
- A minimum deposit of \$500 per court is required.
- Deposits are non-refundable after July 1, 2016.
- If a group cancels after August 1, 2016, the captain is responsible for full payment of the court fee.

## OPEN HOURLY RATES

**September to June .....\$50 per hour**  
**Walk on Rates .....\$40 per hour**  
 (same day reservation for customers enrolled in one of our programs)

## CLUB REGULATIONS

- Club is not responsible for any injuries sustained on its premises or parking lots and for loss of personal property.
- Clinic, season court and league fees are due in full on or before the first day of play unless on a monthly payment plan.
- No make ups or credits for missed classes, lessons or season court play; includes inclement weather and power outages.



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