



# LITTLE ROOKIES SUMMER DROP-IN CLINICS



## Little Rookies Drop-in Clinics are now 5-days a week!

Designed for children ages 3 - 5 years old, Wightman's Little Rookies Drop-in Clinics are a perfect blend of personalized swim instruction, tennis instruction and fun games.

Little Rookies Drop-in Clinics will build your child's confidence and independence, improve coordination and develop fundamental skills required for tennis and swimming. Our instructors provide a fun and safe learning environment, fostering a lifelong love of sports.

Children should arrive in their bathing suits. Participants must be potty trained.



### Our drop-in clinics feature

- ✓ High-quality instruction
- ✓ Low participant / instructor ratio
- ✓ Daily snack & cafe lunch included

### Drop-in Days / Times

Clinics run from 9AM - 1PM, including snacks and lunch.

Week 1: June 17 - 21  
 Week 2: June 24 - 28  
 Week 3: July 8 - 12  
 Week 4: July 15 - 19  
 Week 5: July 22 - 26  
 Week 6: July 29 - Aug. 2  
 Week 7: Aug. 12 - 16  
 Week 8: Aug. 19 - 23  
 Week 9: Aug. 26 - 30

### Drop-in Pricing

Member:  
\$105 / day

Wait List:  
\$125 / day

Non-member / Guest:  
\$125 / day

\* Includes Wightman-provided snacks, lunches, and guests fees (if applicable).

### Drop-in Policies

Rookies Summer Drop-in Clinics are first come, first served. Available spots may vary daily due to staffing.

Participants must complete a medical form, sign a waiver of liability and an agreement of terms. Wightman reserves the right to change program activities due to weather, staffing or unforeseen facility issues.

For more info, email [matt@wightmantennis.org](mailto:matt@wightmantennis.org) or [mason@wightmantennis.org](mailto:mason@wightmantennis.org)

## PLAYGROUND GAMES & FIELD SPORTS

The Little Rookies Program incorporates playground games and field sports as additional opportunities to develop and refine gross motor skills and to improve listening and social skills.

## LITTLE ROOKIES TENNIS

Little Rookies Tennis Clinics follow the QuickStart Tennis Program. Players will be divided into groups based on age and ability.

**Red Ball** is designed for players with little or no experience. Children will learn tennis fundamentals while having fun.

**Orange Ball** emphasizes rallying quickly while using correct fundamentals. Continued focus on development of forehand and backhand groundstrokes, consistency, introduction to serving, geography of tennis court, point play and scoring.



## LITTLE ROOKIES SWIMMING

Little Rookies Swim Clinics follow the American Red Cross Learn to Swim Program. Children will build confidence and independence while they learn basic swimming skills and strokes. Children will become familiar with pool rules and will develop safe habits in and around the water.

Participants will be divided into groups based upon swimming levels:

**Level 1: Intro to Water Skills**

**Level 2: Fundamentals**

**Level 3: Stroke Development**

Building confidence & becoming comfortable in the water

Learning basic water skills & strokes

Building on fundamentals & improving endurance



## LITTLE ROOKIES STAFF

**Matt Brooks, Aquatics Director**

[matt@wightmantennis.org](mailto:matt@wightmantennis.org)

**Mason Viau, Director of Tennis**

[mason@wightmantennis.org](mailto:mason@wightmantennis.org)

**Little Rookies Tennis Professionals** are USTPA certified. Assistants are college athletes with teaching experience.

**Little Rookies Swimming Professionals** are Water Safety Instructors, certified in lifeguarding, first aid and CPR/AED.

## DAILY SCHEDULE

Clinics run from 9AM-1PM, including snacks and lunch.

9:00-9:30	Playground games
9:30-10:30	Tennis Instruction
10:30-11:30	Swim Instruction
11:45-12:30	Field sports
12:30-1:00	Lunch
1:00	Child pick-up