



USTA Quick Start Tennis Lessons

This new program of tennis instruction gets kids playing fast. We use special tennis balls that slow down play for the beginners and smaller courts. Tennis balls are provided. Bring your own racquet if you have one and a water bottle. Classes meet twice a week for 3 weeks. Class length is 60 minutes. Lil' Swingers class length is 45 minutes.



Level 1: Lil' Swingers

Ages 4-6

\$50

This exciting introductory tennis program is for children 4-6 years old. Emphasis will be on having fun, learning basic tennis skills and rules and developing hand/eye coordination. Racquets will be provided. Class is 45 minutes. Max. 6 per class.

Level 2: Beginner

Ages 7 +

\$50

This class is for youth ages 7 and up who have little or no tennis experience and would like to learn basic grips, forehands, backhands, serves and tennis rules. Class is 55 minutes. Max. 8 per class.

Level 3: Advanced

Ages 7 +

\$50

This class is for youth ages 7 and up who have completed Level 2 Beginner tennis or have some tennis experience. Individuals will review basic skills, learn more advanced skills such as power strokes match play, serves and strategy through games, drills and demonstrations. Class is 55 minutes. Max. 8 per class.

Hansen Park Tennis Courts

Tuesday & Thursday....September 8-27

#13992	4:15 pm-5:00 pm	Level 1 Lil'Swingers	\$50
#13993	5:00 pm-6:00 pm	Level 2 Beginner.	\$50
#13994	6:00 pm-7:00 pm	Level 3 Advanced	\$50



NFL Youth Flag Football

Youth in grades K-6 divisions: K, 1-2, 3-4, 5-6 will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, punting and offensive and defensive strategies. The season will consist of 6 weeks and be run cooperatively with the City of Mounds View, Shoreview and Arden Hills.

Deadline to Register Friday, July 29

Silver Oaks & Vermont Parks
Saturday.....Sept.10-Oct. 15
1:00 pm-3:00 pmKindergarten
#13856
Fee by July 29.....\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pmGrades 1-2
#13517
Fee by July 29.....\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pmGrades 3-4
#13518
Fee by July 29\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pm.....Grades 5-6
#13519
Fee by July 29.....\$74
July 30 or later\$94

Parents, Family & Friends

Volunteer to coach

Call Tanya Baker at 651-638-2136
Coaches Meeting will be held on
Tuesday, August 16 from 6:45-7:15 pm.

Coach Apprentice -Teens 15 years and older can help coach a team.