

SPORT FIT BOWIE

A Health Club Like No Other

100 Whitmarsh Park Drive, Bowie, MD 20715 (301) 262-4553

TENNIS PROGRAMS

Spring Session: 7 weeks starting on 4/10/25; *except where noted

REGISTRATION: Please download the app at mysportfit.com to register. You can register through the front desk or through the app.

DROP INS: All clinics are drop in, but juniors must schedule in advance to ensure space is available & the class is running. Please see below for beginner class drop ins. Any clinic (adult or junior) where only 1 person attends, will have the clinic shortened by a half hour.

ADULT CLINICS:

Please attend a clinic that matches your playing level. Pros will be happy to advise you!

JUNIOR CLINICS:

Beginners: If your child has little to no previous experience, you can't enroll or drop in after the 2nd week of the session to ensure he/she is not behind in development.

Beginner 1 classes are for players who have not played before or who have NOT attended two, Beginner 1 sessions; **Beginner 2 classes** are for players who have attended a minimum of two, Beginner 1 sessions. **Beginner class drop ins, must be approved by the Tennis Director.**

Crusher Tennis Juniors: For higher performance players who exhibit stronger skills for their age.

Missed Classes: Players must make up any missed classes during the session they are enrolled in. Any exception must be made through the Tennis Director.

All junior clinics require 3 participants for the session to run.

No classes on Saturday, Sunday, Monday of Memorial Day Weekend (5/24, 5/25, 5/26).

DAY/TIME	PROGRAM	# STUDENTS	COURTS	PRO	MEMBER/NONMEMBER PRICE \$\$ (SESSION or DROP IN)	START DATE	END DATE
MONDAY							
1030a-12p	Adult Doubles Drill & Play 3.5+	8	1	George	49/64	4/14/25	6/2/25
430-530p	U6 (5-6 years) Beginner 1/Beginner 2	12	4	Bronwyn	189/259 or 32/42	4/14/25	6/2/25
430-530p	U8 (7-8 years) Beginner 1/Beginner 2	8	5	Bronwyn	189/259 or 32/42	4/14/25	6/2/25
530-630p	U8 (7-8 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	4/14/25	6/2/25
530-630p	U12 (9-12 years) Beginner 1/Beginner 2	12	4,5,6	Bronwyn	189/259 or 32/42	4/14/25	6/2/25
630-8p	Adult Total Workout 4.0+	12	1,2,3	Robert	49/64	4/14/25	6/2/25
No classes on Monday, 5/26, Memorial Day.							
TUESDAY							
530-630p	Intermediate Juniors 8-12 years	8	1,2	Leon	189/259 or 32/42	4/15/25	5/27/25
630-730p	Teen (13-18 years) Beginner 2	10	1,2	Leon	189/259 or 32/42	4/15/25	5/27/25
WEDNESDAY							
11a-12p	Adult Advanced Beg/Lo Interm 2.0/2.5	8	1	Bronwyn	32/42	4/16/25	5/28/25
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Bronwyn	49/64	4/16/25	5/28/25
430-630p	Crusher Tennis Jrs. Intermediate (JV Middle & JV HS)	18	1,2,3	Robert	385/525 or 62/82	4/23/2025*	6/4/2025*
530-630p	Teen (13-18 years) Beginner 1	8	4	George	189/259 or 32/42	4/16/25	5/28/25
630-8p	Crusher Tennis Jrs. Advanced 8-12 years	10	1,2	Robert	294/399 or 49/64	4/23/2025*	6/4/2025*
8-930p	Adult Doubles Drill/Play 4.0+	10	1	Coach Neal	49/64	4/16/25	5/28/25
The Crusher Classes on this day will start the week of 4/23 and finish on 6/4.							
THURSDAY							
1230-2p	Adult Doubles Drill & Play 3.0/3.5	10	1,2	Max	49/64	4/10/25	5/29/25
FRIDAY							
12-130p	Adult Intermediate Clinic 3.0/3.5	10	1,2	Eddie	49/64	4/11/25	5/30/25
SATURDAY							
930-1030a	Adult Advanced Beginner 1.5/2.0	10	4	Coach Neal	32/42	4/12/25	5/31/25
1030-1130a	Adult Intro to Tennis	8	4	Coach Neal	32/42	4/12/25	5/31/25
1130a-12p	Mommy/Daddy and Me 3-5 years	8	4	Leon	98/119 or 16/19	4/12/25	5/31/25
12-1p	U6 (5-6 years) Beginner 1/Beginner 2	8 and 8	4	Leon	189/259 or 32/42	4/12/25	5/31/25
1-2p	U8 (7-8 years) Beginner 1/Beginner 2	8 and 8	4,5	Leon	189/259 or 32/42	4/12/25	5/31/25
2-3p	U12 (9-12 years) Beginner 1/Beginner 2	16	4,5	Leon	189/259 or 32/42	4/12/25	5/31/25
3-4p	Crusher Tennis Jrs. Advanced 8-12 years	10	4,5	Leon	189/259 or 32/42	4/12/25	5/31/25
No classes on Saturday, 5/24, Memorial Day weekend.							
SUNDAY							
12-130p	Adult Low Intermediate Clinic 2.5/3.0	8	1	George	49/64	4/13/25	6/1/25
1130a-1230p	*U8 (7-8 years) Beginner 1/Beginner 2* (4 weeks only)	6	4	Leon	32/42 drop in only	4/27/25*	5/18/25*
1230-130p	*Intermediate Juniors 8-12 years* (4 weeks only)	6	4	Leon	32/42 drop in only	4/27/25*	5/18/25*

No classes on Sunday, 4/20, Easter and Sunday, 5/25, Memorial Day weekend.

The Junior U8 and Intermediate class on this day will be drop in only and run for 4 weeks only.

Sport Fit reserves the right to change the schedule and/or cancel classes based on attendance.

Questions? Contact Bronwyn Williams at tennisdirector@sportfitclubs.com