



BEAM Tennis

Summer 2024 Tennis and Fitness Camp

Session 1: week of July 15 (9:00-1:00, 4 days) \$240.00

Session 2: week of August 12 (9:00-1:00, 4 days) \$240.00

BEAM Tennis and Fitness camp offers kids from ages 6-12 the chance to improve their tennis skills, with skill-building clinics each morning, and also to learn many of the basic tools necessary to stay fit. Our goal is not only to pass along a love for the sport of tennis, but also to inform children of the importance of overall fitness, especially core fitness, and teach them some fun ways to keep fit.

Children will learn and practice stretching (active, passive, dynamic and neuromuscular), basic to advanced tennis skills (grouped by level), fun tennis-related activities, both on and off the court, and tennis gameplay and scoring.

Attendees are required to bring a snack and excess water each day, as a scheduled break will be provided after morning drills, as well as throughout the day for water.

Registration is on a first-come first-served basis. All clinics and camps will be held at Recreation Park in Exeter. To register, please contact Mike Blaisdell at mblaisdell@beamtutoring.net.

Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:30 Morning stretches and tennis drills	9:00-10:30 Morning stretches and tennis drills	9:00-10:30 Morning stretches and tennis drills	9:00-10:30 Morning stretches and tennis drills	Available for make up
10:30-10:45 Snack break	10:30-10:45 Snack break	10:30-10:45 Snack break	10:30-10:45 Snack break	

10:45-11:45 Fitness games	10:45-11:45 Fitness games	10:45-11:45 Fitness games	10:45-11:45 Fitness games	
11:45-12:45 Tennis gameplay or personal bests	11:45-12:45 Tennis gameplay or personal bests	11:45-12:45 Tennis gameplay or personal bests	11:45-12:45 Tennis gameplay or personal bests	
12:45-1:00 Cool down, stretches	12:45-1:00 Cool down, stretches	12:45-1:00 Cool down, stretches	12:45-1:00 Cool down, stretches	