



High Performance Camp 2025

High intensity group designed for tournament and collegiate players with a goal of improved overall performance in competitions. **Invitation or tryout required.**

Ages 12-21

SCHEDULE: Monday, Tuesday, Thursday, Friday Full Day (lunch included): 7:30ам-3:00рм				
7:30-9:30ам	Tennis (Drills)			
9:30-10:00ам	Cool Down			
10:00-11:00ам	Fitness with Trainer			
11:00ам–12:00рм	Lunch			
12:00-3:00рм	Tennis (points, matches)			

Full Day		week	Dates	
Members:	\$700	1	Jun 30–Jul 3 <mark>July 4</mark>	
Non-Members:	\$775	2	July 7–11	
Week 1		3	July 14–18	
Members:	\$600	4	July 21–25	
Non-Members: \$650		5	Jul 28–Aug 1	
		6	Aug 4–8	
		7	Aug 11–15	
		8	Aug 18–22	
		9	Aug 25–29	

MAKE UPS ARE NOT GUARANTEED. NO REFUNDS.



Contact		e-mail	phone
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Racquet s Office Manager	Chioma Blinn	smctennis@genesishealthclubs.com	914 733-4006

NOTE: TENNIS SHOES REQUIRED. NO EXCEPTIONS. (No Running Shoes, Casual Footwear: i.e. Merrell etc.) Makeups will be attempted but not guaranteed. No refunds.