

- 
- Private Lessons
 - Junior and Adult Group Lessons
 - Seasonal Contract Court Time
 - Daily Court Rentals
 - Junior and Adult Matchplay
 - Interclub Leagues
 - Racquets and Stringing
 - Tennis Parties

THE JULIAN KRINSKY SCHOOL OF TENNIS

AT THE
GULPH MILLS TENNIS CLUB &
NARBERTH TENNIS CLUB

gulphmillstennis.com
narberthtennis.com

ABOUT THE JULIAN KRINSKY SCHOOL OF TENNIS

Since 1978, we've been helping players of all ages and levels make dramatic improvements in their games by enhancing fundamentals, focusing on court strategy and creating a competitive and supportive environment. JKST was founded by Julian Krinsky, once a player on the international tennis circuit. Today, the year-round academy offers two indoor facilities, as well as one of the world's premier summer camps. The programs are taught by full-time USPTA-, USPTR- and JKST-trained professionals.

TENNIS LESSONS

Private lessons are available by the hour or half-hour. Rates per person for lessons shared by two or more players are determined by the pro.

CLINICS

Clinics consist of small group sessions, arranged by the club, that facilitate learning through interaction with peers. They work best in combination with private instruction.

JUNIOR DEVELOPMENT PROGRAM

Gold (Level 4)

- For high performance players focused on tournaments and rankings
- High intensity program focusing on physical, tactical and mental aspects
- Emphasis on adding power and touch for competitive advantage
- Participation based on skill level

Silver (Level 3)

- Designed for skilled competitive players developing specific goal sets
- Focuses on footwork and execution of all strokes
- Preparation for USTA tournaments and ranking
- Participation based on skill level

Blue (Level 2)

- Focuses on proper technique, footwork, consistency and court awareness
- Demonstrate proper form for all strokes with a live ball
- Develop the ability to play matches with etiquette and sportsmanship
- Ages 8-11

Yellow (10 & Under Tennis – Level 2)

- For the beginner/intermediate player who has some experience
- Focuses on improving movement, coordination and space awareness
- Play on modified size court using soft tennis balls and smaller racquets
- Ages 6-8

Red (10 & Under Tennis – Level 1)

- Designed for the beginning player with little or no playing experience
- Focuses on the development of agility, coordination and balance
- Play on modified size court using soft tennis balls and smaller racquets
- Up to 6 years old

Round robin tournaments for our 10 & Under players are held monthly. It's great practice and experience in preparation for tournament play in the older age groups.

ADULT CLINICS

Adult Level 1

- Introduce basic tennis fundamentals including serving, forehands, backhands, volleys and overheads
- Building basic technique that leads to rallying and point play

Adult Level 2 – Recommended NTRP Level 2.5+

- Develop additional technique and variety to the game
- Introduce movement, point construction and various spins
- Apply technique and tactics incorporated with drills and games

Adult Level 3 - Recommended NTRP Level 3.5+

- Focus on footwork and execution of all strokes
- Emphasis on point construction, positional play and tactics

CARDIO TENNIS CLINIC

- Continuously elevated heart rate ensures aerobic training
- Short cycles of high intensity workouts and periods of rest-like intervals
- Improve game by hitting hundreds of balls each session

DOUBLES STRATEGY

- Clinic recommended for Del-Tri league players
- Round robin format with tactical instruction from our professionals

Please feel free to call our front desk for complete information on our clinics, or if you would like to have us customize a program for you. (Gulph Mills location only)

CONTRACT COURT TIME

Members may purchase court time for the entire season. This is recommended for those who wish to play at our most popular times — 6am to 9pm on weekdays and Sunday, as well as 9am to 12 noon weekdays and weekends.

ORGANIZED MATCH PLAY

After learning from Julian Krinsky pros, you'll want to test out your new skills. Gulph Mills has a match play program for each age group and skill level.

Find a Player: Visit our innovative website that will match you with other players of your ability level. Registration is free, contact information is confidential and it gives members the opportunity to set up matches via email.

Junior Match Play: Come join our new team format to compete against players of all levels in singles and doubles. This team format promotes match play in a fun and competitive environment.

Junior Open Court Time: Open to players 18 and under. Receive a reduced rate for playing matches and practicing with other juniors.

Adult Doubles Round Robin: Fun doubles mixer for men and women with ratings of 3.5 to 4.0. This is a popular event and registration is limited.

Men's Singles League: Matches arranged by our own league coordinator on weekday evenings. Just e-mail us each week as to which days you can play, and we'll set you up. This program is for club members only, rated 3.5 or better.

Men's & Women's Match Play: Our Early Morning Unlimited group plays weekdays between 7am–9am. Open to members only.

Women's Del-Tri Doubles League: This is the ultimate indoor interclub league in the Philadelphia suburbs. Matches are played on Fridays during the day at one of the area's 14 best indoor facilities. Whatever your level, or whether you want to play as a regular team member or just as a substitute, we've got a place for you.

- Tryouts for all teams are held in April and May.
- Matches are scheduled from September to the mid-March.
- We recommend all league players combine their matches with weekly practice sessions run by the Julian Krinsky pros. Sessions are specially designed to stoke your competitive fire.

Club Championships: Ladder matches arranged by our professionals for players of all ages and ability levels. Doubles and singles events in each bracket. Open to club members only.

Tennis Socials and Parties: Our clubs are available on select Saturday nights for your private function. You may rent the entire facility—all courts plus the lounge—or only the courts you need. The facility is also available for birthday parties.

ADDITIONAL SERVICES

For all your racquet and clothing needs, please visit our fully stocked proshop where you will find everything to play at the top of your game.

SUMMER ON THE CLAY COURTS

Our four outdoor clay courts are open from May to November. Summer membership includes unlimited court time, reduced private lesson rates and clinics, and ball machine use. (Narberth location only).

MEMBERSHIP

Our membership season runs from September through May. Membership costs \$75 per season and is a requirement for all contract court players and league participants. No membership is required for players 18 years of age and younger. Your membership entitles you to significant discounts on court rentals and round robin play.

CLUB POLICIES

- The club requires 24-hour notice of cancellation or full payment is due.
- Clinic groups and matches are formed according to ability and age. We ask that you please respect the pro's evaluation in matching you with other players.
- Proper tennis attire is required on court. Shoes must have nonmarking soles.
- The club reserves the right to dismiss without refund anyone whose conduct is detrimental to the enjoyment of the other players.

REGISTRATION FORM

THE JULIAN KRINSKY SCHOOL OF TENNIS

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

CELL PHONE _____ E-MAIL _____

FOR JUNIOR APPLICANTS: Date of Birth (MM/DD/YY) / /

Emergency Contact Information

NAME _____ RELATIONSHIP _____

CELL PHONE _____ ALTERNATE PHONE _____

SCHOOL _____

Select Club: Gulph Mills Tennis Club Narberth Tennis Club

I am registering for: Program Name: _____

Day/Time _____

Payment enclosed: Yes / No Amount \$ _____

I would like to be contacted regarding:

- Private Lessons Clinics Contract Time Match Play
 Leagues Parties Other _____

RETURN FORM BY:

Mail or Drop Off: **Gulph Mills Tennis Club** **Narberth Tennis Club**

610 S. Henderson Rd. 612 Montgomery Ave.

King of Prussia, PA 19406 Narberth, PA 19072

Fax: 610.265.3678 484.562.0290

E-Mail: tennis@jkcp.com tennis@jkcp.com

Liability Waiver: By signing this agreement member represents being physically fit to participate in any program and further agrees that all exercise and use of all facilities shall be undertaken by member at his or her sole risk. Member agrees that JST, Inc. shall not be liable to member for claims, demands, injuries, damages or suits of any nature for injuries to member or his or her property arising out of or resulting from member's use of the services and/or facilities of JST, Inc. Loss Waiver: I agree that Club is not responsible for damage to or loss of my personal property while at Club premises or damage to or loss of my motor vehicle while parked on Club's lot. I have fully read this agreement and understand all of its terms.

Signature _____



**THE JULIAN KRINSKY
SCHOOL OF TENNIS**

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