

2011-12 Matilda Blue Tennis Programs at Charlottesville Catholic School (gym) Pen Park Rd.

Matilda Blue Family Friendly QuickStart: Saturday 1-2pm or Sunday 2-3pm



Christopher Cabbage, USPTA founded Matilda Blue Family Friendly Tennis to focus on children and family. After 30 years of teaching tennis and over 15,000 on court hours, Cubby clearly knows that tennis is the perfect family activity. Tennis has become easy to learn and children ages 3-10 can rally, score, play tournaments and also make new friends. When parents, siblings and grandparents take part in the "tennis fun factor" of this "really cool" sport, young children are more likely to stay connected and continue to advance. The Matilda Blue Family Friendly QuickStart Program has adult family members on court with their children, taking part in learning Matilda Blue games and drills.

Session 1 Saturday: Dec 3, 10, 17, Jan 7 - Sunday: Dec 4, 11, 18, Jan 8

Session 2 Saturday: Jan 21, 28, Feb 4, Feb 11 - Sunday: Jan 22, 29, Feb 5, Feb 12

Fee: \$10 per student, per class. Total 4 week session fee: \$40.00. no charge for parents

Matilda Blue Tennis "Kids Club" Sunday 3-4pm (Max enrollment 12)

The Charlottesville Catholic School gym will be transformed into three 36' foot tennis courts for this fun and unique USTA QuickStart program. The "Kids Club" is for ages 7 thru 10 and each participant will play three official 20 min tennis matches. The "Kids Club" format will be doubles. The players will partner up with three different Kids Club members for each 20 min. match. The 36' foot court and foam ball will be used for this program. This is a great way to learn control and touch and the perfect way to stay sharp over the winter months. Parents are welcome to come and cheer the tournament players on!!!!

Session 1 Sunday: Dec 4, 11, 18, Jan 8

Session 2 Sunday: Jan 22, 29, Feb 5, Feb 12

Fee: \$10 per student, per class. Total 4 week session fee: \$40.00.

Matilda Blue Adaptive Tennis "Autism" Saturday 2-3pm



Matilda Blue Adaptive Tennis "Autism" The Autism Tennis Connection

Features an interactive, recreational experience for children (ages 3 - 18 years) with autism spectrum disorder and seeks active participation by the entire family, especially siblings who are not on the spectrum. The sport of tennis is used to develop the following skills: self esteem, focus, patience, motor skills, physical fitness/well-being and social interaction with others. This program also teaches parents to interact with their child in a recreation-based, physical activity to promote wellness and health. Matilda Blue creates lots of love, fun and smiles in a clinical based program.

Session 1 Saturday: Dec 3, 10, 17, Jan 7

Session 2 Saturday: Jan 21, 28, Feb 4, Feb 11

Fee: \$10 per student, per class. Total 4 week session fee: \$40.00



For information call: 434-906-8554 or email: chris.cabbage6@gmail.com

Please Clip and mail to: Chris Cabbage 354 S Pantops Dr Charlottesville, VA 22911

Student Name: _____ Age: _____ Gender: _____

Address: _____

Email: _____ Home Phone: _____

Parent Name: _____ Cell Phone: _____

Program: _____ Session: ___ Amt Paid: _____ Checks payable: Chris Cabbage

