

# REGISTRATION FORM

Participant Name \_\_\_\_\_ Sex: M / F \_\_\_\_\_ Jr's Age \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Street Address \_\_\_\_\_

City/State Zip \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Class with Date & Time \_\_\_\_\_

Fee \_\_\_\_\_

In consideration of making facilities and/or services available, I do hereby, for and on behalf of myself and my heirs and legal representatives, release and forever discharge JD Almond and Sudley Swim & Tennis Club and its representatives from any claims and demands of every kind, nature, and character which I, or my child, may have or hereafter acquire for all damages or losses suffered or sustained in connection with our activity. All such claims are hereby waived and released.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

- A registration form must be completed for each participant in a class.
- All classes must have at least four (4) paid students before the class can begin
- All registration payments are made payable to JD Almond via cash, check, or Venmo.

Please contact JD Almond with your questions regarding registration, player placement, or any other racquet sport-related questions.

## Other Offerings

for ADULTS and JUNIORS

~ **Private Lessons (1:1)** ~

\$60 members / \$70 non-members

~ **Semi-Private Lesson (2:1)** ~

\$70 members / \$80 non-members

~ **Create Your Own Clinic** ~

Have you ever wanted to take tennis or Pickleball lessons but could not make any of the scheduled times? How about creating a class with you and your friends? *Jump* at this opportunity. The clinic requires 3 or 4 players of similar ability to start. JD will work with you on determining the cost, times & dates.

JD Almond, a certified USPTA and PPR Elite Teaching Professional, has over 25 years of experience teaching and coaching across all ages and development levels. JD played high school tennis locally and college tennis at Longwood University.

### CONTACT INFORMATION

**JD Almond, USPTA, PPR**

**9251 Longstreet Court  
Manassas, VA 20110**

email:

**[jd\\_almond@hotmail.com](mailto:jd_almond@hotmail.com)**

cell phone:

**703-501-1773**

# Tennis - Pickleball



with

**JD**

**Almond**

USPTA & PPR Instructor

*5-weeks in Spring 2026*

at

**Sudley Swim  
& Tennis Club**

Manassas, Virginia





## **Adult Pickleball 101**

Introductory pickleball class for adults starting to play this game. The goal will be to teach you the basics to enjoy the game at your level of play and help you progress. We will cover scoring, court position, serving legally, the non-volley zone, and the two-bounce rule. Paddles can be provided or purchased.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Tuesdays, April 14 – May 12

(One weather make-up May 19)

**TIME:** 5:30 – 6:30 pm

## **Pickleball Skills & Drills**

You will be learning to play smarter, not harder. The focus will be on your backhand, serve, and return placement, improving your dink shot, the drive shot, and your consistency in these areas. There will be lots of drills and supervised play.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Tuesdays, April 14 – May 12

(One weather make-up May 19)

**TIME:** 6:30 – 7:30 pm

## **Three & Me Private Clinics**

If the current clinic times do not work for you then get a few friends to join you in a tennis or pickleball clinic just for your group.

Contact JD for specific times and costs.

## **Junior Programs**

### **Drill Hour**

Do you want to hit a lot of balls in a drill setting to better groove your stroke? This fast-paced hour will give players of similar abilities an ultimate, high-energy tennis-specific workout. Get involved with various drills designed to keep you moving and hitting more balls.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Sundays, April 19 – May 17

(One weather make-up May 24)

**TIME:** 2:00 - 3:00 pm

### **Intermediate**

This class is designed for players who already possess many of the skills needed to play. They should be consistent with most of their strokes (forehand, backhand, volley, serve, and overhead) and begin using them to develop tactics and strategies in match situations.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Sundays, April 19 – May 17

(One weather make-up May 24)

**TIME:** 1:00 - 2:00 pm

### **Beginner/Low Intermediate**

This class will use compression balls and yellow balls to develop a player's racquet skills. Players develop strokes, agility, balance, movement, and scoring. Drills and games are designed to improve players' fundamentals in a fun, relaxed environment.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Sundays, April 19 – May 17

(One weather make-up May 24)

**TIME:** 12:00 - 1:00 pm

## **Pickleball for Juniors**

This is an introductory pickleball class for our junior players. The goal will be to teach the basics to enjoy the game. I will teach them everything a player needs to get started on their journey into the fastest-growing sport. Paddles are needed.

**COST:** \$ 110 members / \$140 non-mem

**DATE:** Tuesdays, April 14 – May 12

(One weather make-up May 19)

**TIME:** 4:30 – 5:30 pm

## **Adult Tennis Programs**

### **Beginner Players**

This class is designed for adult players with limited knowledge of tennis. Emphasis is placed on basic stroke production and understanding (forehand, backhand, serve, volley), court awareness, and strategy. This is done through drills and live play.

**COST:** \$ 165 members / \$210 non-mem

**DATE:** Sundays, April 19 – May 17

(One weather make-up May 24)

**TIME:** 4:30 - 6:00 pm

### **Intermediate Players**

Best fit for the player who has a working understanding of the game. Emphasis is placed on stroke production, footwork, shot selection, consistency, and rallying. Reinforce tactical and technical components of tennis through drills and live ball play.

**COST:** \$ 165 members / \$210 non-mem

**DATE:** Sundays, April 19 – May 17

(One weather make-up May 24)

**TIME:** 3:00 - 4:30 pm