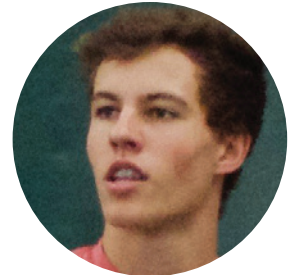




**JULIAN KRINSKY  
SCHOOL OF TENNIS**

**EVERY AGE. EVERY LEVEL. EVERY BODY.**



**GULPH MILLS TENNIS CLUB | NARBERTH TENNIS CLUB**

# Adult Programs

## Clinics

**BEGINNER** This level introduces new players to basic tennis fundamentals including the serve, forehands, backhands, volleys and overheads. Our instructors build on basic techniques that lead to rallying and point play. We use green balls to make learning the game more enjoyable.

**For players with a 1.0–2.0 NTRP rating**

**INTERMEDIATE** At this level we'll help you develop additional technique and add variety to your game. We'll introduce movement, point construction and various spins. You'll apply technique and tactics into the drills and games.

**For players with a 2.5–3.0 NTRP rating**

**ADVANCED** Get ready to focus on footwork and execution of all strokes. This level emphasizes point construction, positional play and tactics.

**For players with a 3.5+ NTRP rating**

**TEAM PRACTICE** Work on doubles specific drills and practice your strategies during point play. Learn doubles tips from our pros.

**For players with a 3.0–4.5 NTRP rating**



## Not sure of your National Tennis Rating Program (NTRP) rating?

Just ask one of our pros for a short evaluation so you can be placed in the proper group. This ensures you will get the most enjoyment from the sport by playing with others of a similar level.

## Cardio Tennis

Get a workout on the court! Cardio Tennis is a high-energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Plus, you will improve your game by hitting hundreds of balls each session.



## Leagues & Match Play

**Adult Round Robins** Ready to try playing with some new players? Try our level based round robin events and meet new players in a fun and social format. The club offers a variety of round robin events throughout the regular season. Each event is run by one of the club's tennis professionals who will provide strategy tips and playing rotations. Tennis balls and refreshments are included.

**Women's Del-Tri Doubles League at the Gulph Mills Tennis Club** Del-Tri 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, and 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 middle of March. We recommend all league players combine their matches with weekly practice sessions run by our teaching professionals.

**USTA Women's and Mixed Doubles Teams** Play in the most popular tennis league in the US with more than 300,000 players nationwide. You'll start playing locally throughout fall and winter. Then, winning teams will have a chance to advance to the national tournament. For players with a 3.0 - 4.5 NTRP rating.

### Owners' League at the Gulph Mills Tennis Club

Join the advanced inter-club league for both Men's and Women's doubles. Play every Sunday with the league's top players and pros. For players with a 4.5 – 5.0 NTRP rating.





# 5

## Great Ways to Play at JKST

1

### Private Lessons

Private lessons are available by the hour or half-hour. You and your teaching professional will arrange your schedule together.

2

### Clinic Lessons

Clinics consist of small group sessions that facilitate learning through interaction with peers. Clinic times are set for the full season by the club.

3

### Open Court Time

Book an open court and schedule your own matches or practice time. The ball machine may be reserved by request.

4

### Leagues & Tournaments

From intense weekly leagues to the annual club championship, our leagues and tournaments will spark your competitive fire.

5

### Social Events

Throughout the season we host tennis social events for adults. It's a great opportunity to play recreational tennis and meet other club members.

## About the Julian Krinsky School of Tennis

Since 1978, we've been helping players of all ages and skill levels make dramatic improvements in their games by enhancing fundamentals, focusing on court strategy and creating a competitive and supportive environment. Julian Krinsky, founder of JKST, played 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. We are a USTA Middle States Premier Provider, Main Line Parent Love Award winner and the Gulph Mills Tennis Club was named the USTA Philadelphia District Commercial Organization of the Year.



### The Great Base Initiative

The Great Base Initiative is the teaching philosophy of the Julian Krinsky School of Tennis. It is a teaching system founded by Steve Smith following the philosophies of tennis teaching master, Vic Braden. The Great Base Initiative teaches players to develop a very strong fundamental base through fact-based instruction. In order to play tennis at a high level, a player needs to start with a great base including instruction, work ethic and character. As part of this initiative we are committed to our 10 and Under Tennis program. In fact, every one of our courts has blended lines to accommodate the program.

### Our Pros

All our programs are taught by full-time USPTA-, USPTR- and JKST-trained professionals. Our pros come from around the world and include touring players, a Wimbledon and French Open coach, a Davis Cup Coach, an Olympic Team Coach, All-American athletes, ITF world coaches and USTA National Faculty coaches.





# Junior Development Program

We have clinics for players ages 3–18 of all skill levels. Whether you are trying to get on a high school team, trying out for college, or just starting to learn tennis, we have a clinic to help you get there. After working with thousands of junior players over the years, we have developed our levels to help you reach your goals. Full descriptions and recommendations for succeeding at each level can be found on our website. Please speak with one of our tennis professionals to determine which level is right for you.

## Ball Skills

### Recommended for ages 3–4

Work on hand eye coordination, balance and footwork. Begin to use racquets.

## Red Level

### Recommended for ages 4–8

Develop hand-eye coordination, agility, balance and ball skills. Play on a smaller court with slower moving tennis balls.

## Orange Level

### Recommended for ages 9–10

Play on a modified 60 foot court, using soft orange dot tennis balls in a fun and active environment.

## Green Level

### Recommended for ages 10–11

Focus on developing strokes and strategy. Play on a regular sized court with green dot balls.

## Yellow Level

### Recommended for ages 10+

Use all strokes, maintain a baseline rally, and keep score. Focus will be on spin, consistency and control.

## Blue Level

### Recommended for ages 10+

Focus on footwork, consistency, groundstroke rallying and serving from the baseline.

## Silver Level

### Recommended for ages 12+

For skilled competitive players focusing on footwork and execution of all strokes with direction, power and a variety of spins in preparation for USTA ranking tournaments.

## Gold Level

### Recommended for ages 13+

For high performance players focused on tournaments and rankings, skill and game style refinement, footwork, power, touch and mental aspects of the game.

## Junior Programs

**Top Flight at Narberth** Top Flight is a premier junior development program for competitive players who are looking to play on varsity tennis teams and in USTA Tournaments. We focus on game based drilling and point play as well as the mental and physical aspects of tennis: speed, agility, balance and mental toughness. Players also practice Yoga under the guidance of a qualified instructor to properly stretch, breathe and relax the mind. Top Flight players meet at the Narberth Club on Saturday mornings. This program is by invitation and spots are limited.

**Junior Team Tennis** USTA organized Junior Team Tennis is often compared to Little League Baseball, as the program offers junior players the opportunity to enjoy tennis while developing their individual and team tennis skills in a fun, yet competitive atmosphere. There is a league for each season with winners advancing to sectional and national championships. We have teams for junior players of all ages and at all levels of play.

**Junior Match Play** Not ready for team tennis just yet? Join our junior match play events and use the skills you have learned in your lessons and clinics. These events are designed to provide match play and prepare you for Junior Team Tennis and other competitions.

**Summer Camp** Drawing students from over 140 countries and 45 states, the Julian Krinsky School of Tennis summer camp is world-renowned. We've trained thousands of tennis players, and we know that each player has unique goals, interests and strengths. So, we created programming that can be tailored for each type of player. We offer five tennis tracks with over 30 personalized electives. Check out [www.jkcp.com/tennis](http://www.jkcp.com/tennis) for more info.





# Memberships

**Junior Membership at the Gulph Mills Tennis Club** For players ages 18 and under, our annual membership includes special rates on open court time and summer camp, multi-session clinic pricing, 10% off on all non-sale pro-shop items, a t-shirt, a water bottle and a keychain.

**Adult Membership** The adult annual membership includes special rates on open court time and round robin, the ability to book full season contracts, 10% off on all non-sale pro-shop items, entry into the club championship and monthly adult tennis socials. Memberships may be used at both locations.

## Open Court Time

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

**Junior Open Court Time** Junior members, ages 18 and under, who are playing matches or practicing with other juniors are given a reduced rate on open court time.

**Seasonal Open Court Pass** Want to play a lot of indoor tennis? Our seasonal court pass, along with your club membership, allows you to book off peak court time all season for one low up-front fee. Booking must be done 24 hours in advance.

**Open Court Time** Members and guests are welcome to book available open court time up to one week in advance at Gulph Mills and 24 hours in advance at Narberth. Availability is very limited. We also have a ball machine available for your use.



For the season's full menu of offerings and pricing as well as a calendar of events please visit [gulphmillstennis.com](http://gulphmillstennis.com) or [narberthtennis.com](http://narberthtennis.com)

# Golf

Play golf all year on our indoor golf simulator. Play 9 or 18 holes on the championship course of your choice including Pebble Beach and St. Andrews. Our advanced video swing analysis with multiple camera technology calculates your club head speed, angle, swing tempo, ball speed, ball carry and swing path. Now you can learn from and improve with every stroke. Open play, private lessons and weekly leagues are available at the Narberth location.





# JULIAN KRINSKY SCHOOL OF TENNIS

610 S. Henderson Rd.  
King of Prussia, PA 19406



## Two locations:

### **Gulph Mills Tennis Club**

610 S. Henderson Rd.  
King of Prussia, PA 19406  
610.265.3677  
tennis@jkcp.com  
[gulphmillstennis.com](http://gulphmillstennis.com)

### **Narberth Tennis Club**

612 Montgomery Ave.  
Narberth, PA 19072  
610.664.2696  
tennis@jkcp.com  
[narberthtennis.com](http://narberthtennis.com)

## Pro Shop

For all your racquet and clothing needs, please visit our fully stocked pro shop where you will find everything you need to play at the top of your game at the Gulph Mills Tennis Club. We offer fast and convenient racquet stringing on site at both Gulph Mills and Narberth Tennis Clubs.

## Tennis Parties

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

## Club Policy

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 non-marking soles. The club reserves the right to dismiss without refund anyone whose conduct is detrimental to the enjoyment of the other players. There is one make-up clinic allowed per session. There are no carryovers to the next session.

**Liability Waiver:** By signing our form, you represent that you or your child are physically fit to participate in any program and further agree that all exercise and use of all facilities shall be undertaken at his or her sole risk. You further agree that JKST, Inc. shall not be liable — whether in the context of a lawsuit, demand, or claim of any kind — for personal injuries, personal-property damage, or motor vehicle damage, arising out of, or resulting from use of, the services and/or facilities of JKST, Inc. including the club's parking lot. JKST, Inc. retains the right to use any media, including but not limited to photographs, video and social media for advertising or marketing purposes, without providing any notice, both now and in the future, and without any compensation whatsoever including free court time or cash payments. If you submit personal information, you agree that we may keep a record of that information. By providing an email address, you agree to receive emails from JKST, Inc. related to club updates and news, marketing, and special promotions; you may opt out of this at any time.

**Connect with us:**  [@JulianKrinskySchoolofTennis](https://www.facebook.com/JulianKrinskySchoolofTennis)  [@jkcp](https://www.instagram.com/jkcp)