



# 2024-2025 RACQUET SPORTS GUIDE



## PROGRAM REGISTRATION

Residents - 1st of the month

Outside Racquet Members - 15th

Call the Front Desk at 703.729.0581 or  
Register online at  
[www.ashburnvillagesportspavilion.com](http://www.ashburnvillagesportspavilion.com)

**Matt Stillwagon**  
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Download the NEW Ashburn Village Sports Pavilion app for the latest info!

# Adult Tennis Program

## ADULT BEGINNER CLINICS

New to tennis, or want to brush up on the tennis game you learned as a kid? These are the classes for you!

**LEVEL 1** - For the TRUE beginner. This class will go over the fundamentals of tennis focusing on basic stroke development including forehands, backhands, volleys, and serves. No prior experience is necessary.

**LEVEL 2** - Geared to the player looking to achieve stroke dependability and direction on shots. Emphasis will be placed on players learning to rally by improving footwork for better court coverage. Players should have a basic understanding of the fundamentals and are able to serve and keep score.

**LEVEL 3** - This is for the player preparing to enter league play. Players will learn to direct volleys, overheads and serves. This class will also focus on point construction & strategy. Players should know how to direct their forehands, backhands, rally & keep score.

## SINGLES STRATEGY

(Adults 2.5/3.0 & 3.5/4.0)

Improve your singles game with a mix of fed & live ball drills with a focus on shot selection and singles strategy.

## TACTICAL DOUBLES DRILLS

Learn how to cover the court and work as a team. Drills are strategy based and build upon central themes. All players must sign up in accordance with their current USTA Rating.

## COED EVENING DRILLS (18 AND UP)

Drills will be a blend of high intensity doubles strategy and tactics. Players will drill for 1 hour and play the additional time with tactical in-play coaching.

## CARDIO TENNIS (ADULTS ALL LEVELS)

Worry less about your strokes and more about burning calories! This class is the ultimate, high energy workout designed around tennis drills to keep you moving.

## PICKLEBALL CLINICS

Classes offered at the Beginner, Intermediate and Advanced level. Learn to play the fastest growing sport in America!

# Junior Tennis Program

## TINY TENNIS, AGES 4-6

Red Ball program for the true beginner to tennis. Motor skills and hand-eye coordination are the primary focus. Beginning stroke mechanics will be introduced on the forehand, backhand, and serve. Age appropriate equipment will be used.

## ACES AGES, 6-8

Red Ball program for the young beginner to tennis. Motor skills and hand-eye coordination are the primary focus. Beginning stroke mechanics will be introduced on the forehand, backhand, volley and serve. Age appropriate equipment will be used. All 6 year olds must have completed a minimum of 1 session of Tiny Tennis.

## FUTURES, AGES 8-10

Orange Ball class designed for the player with a basic understanding of stroke mechanics. Players will learn to move the ball around the court with improved contact. Stroke mechanics on the backhand, forehand, and serve will be reinforced and proper volley fundamentals will be introduced. Age appropriate equipment will be used. All 8-year-olds must have completed a session of Aces.

## CHALLENGER, AGES 10-12

Green Ball class designed for the player with a strong understanding of stroke mechanics. This player is moving to the ball and is learning topspin, slice and point construction. Stroke mechanics on the backhand, forehand, volley, smash and serve will be reinforced. All 10-year-olds must have completed a session of Futures.

## JUNIOR INTRO, AGES 12-16

New to tennis? This is the class for you! Stroke mechanics will be introduced for the forehand, backhand, volley, serve & smash. Players will learn to rally and keep score.

## HIGH SCHOOL PREP

This class is for the player aspiring to play high school tennis. Drills will be designed around stroke selection & execution along with improvement of footwork and serve. Point play is a regular training component. This is a live-ball class.

## HIGH SCHOOL COMP

A class designed for players who compete on their high school team, but would like to improve to play a top line. Drills will be designed around point construction and strategy. New incoming players must be evaluated by our tennis staff.

## HIGH SCHOOL TEAM

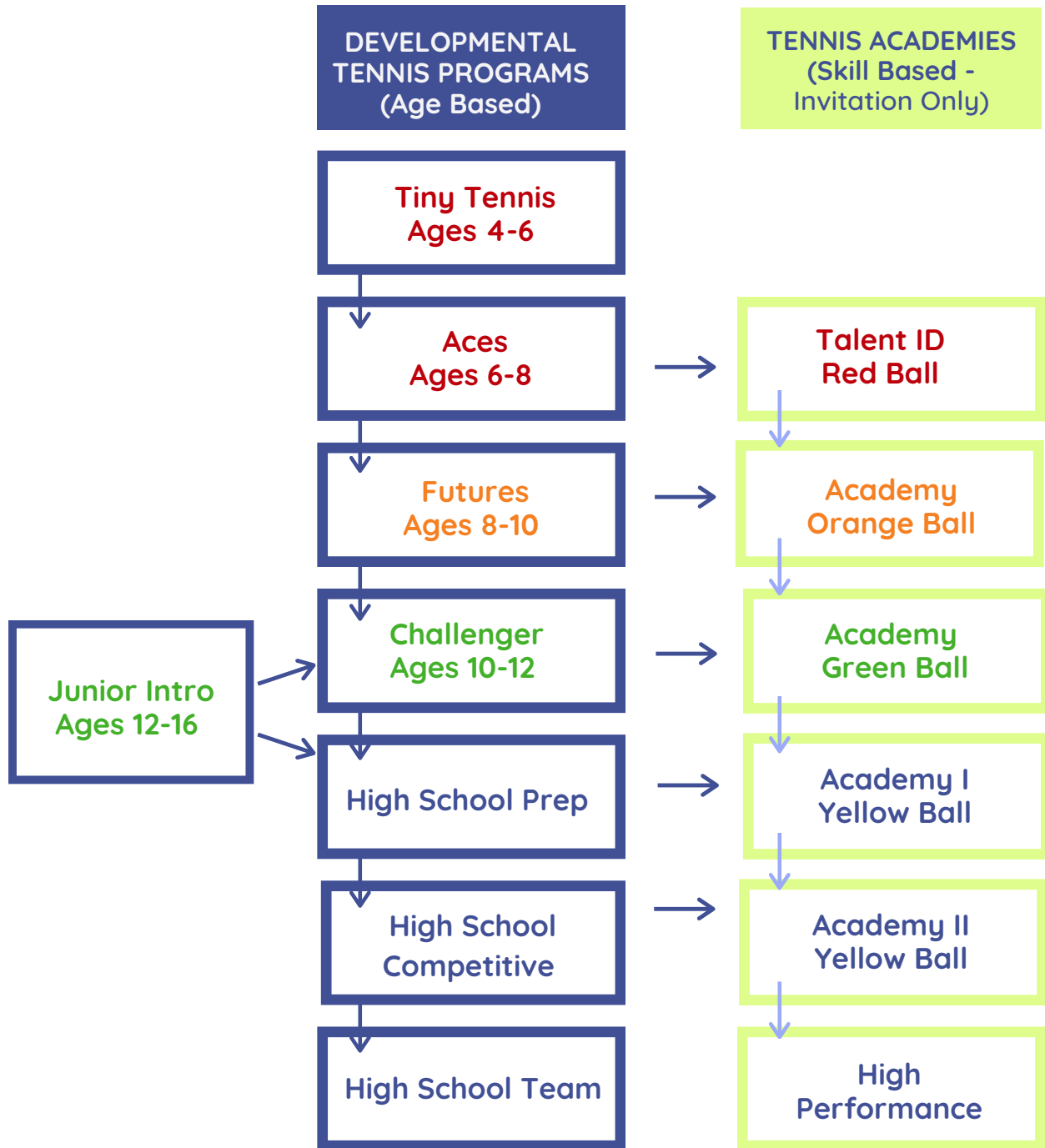
This class is designed for the advanced high school varsity player only. This is a very competitive program. Requires an evaluation by our head professional prior to registration.

## CONTACT US!

Matt Stillwagon | Director of Racquet Sports | [Mstillwagon@ashburnvillage.org](mailto:Mstillwagon@ashburnvillage.org)  
Erin Green | Racquet Sports Coordinator | [tennis@ashburnvillage.org](mailto:tennis@ashburnvillage.org)

# Junior Program Pathway

Ashburn Village Sports Pavilion launched the junior tennis program in 2014. The direction of the program will emphasize skill-based development and earned advancement. Players will have the ability to decide which pathway best fits their goals and commitment level.



Participants in the Academy Program must meet minimum ranking requirements in order to participate. In addition, participants should be competing regularly in USTA sanctioned tournaments. Private coaching is strongly encouraged.



# AVSP Racquet Sports Program

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## HOURS OF OPERATION — AVSP INDOOR COURTS

Monday—Thursday: 5am-9:30pm

Friday: 5am - 8:30pm

Saturday—Sunday: 7am-5:30pm

## OUTSIDE RACQUET MEMBERSHIPS

Non-residents of Ashburn Village can access Village Racquet Sports programs, coaches and courts, by purchasing an Outside Racquet Membership (ORM). An ORM is available for purchase by downloading the form from the Racquet Sports page on our website. The ORM does not give you access to the gym or the swimming pool and swim programs.

**Annual Membership** - First charge is prorated for remainder of the month, then charged once, annually on the anniversary date of membership enrollment, unless prior written email notification of cancellation is sent to [tennis@ashburnvillage.org](mailto:tennis@ashburnvillage.org) or [avsp@ashburnvillage.org](mailto:avsp@ashburnvillage.org).

Family: \$450 Adult: \$250 Junior : \$175 (under 18 years old or still enrolled in HS tennis program)

**NEW Monthly Membership:** - First charge is prorated at membership enrollment, and then monthly, on the 1st of each month following until written email notification of cancellation is sent to [tennis@ashburnvillage.org](mailto:tennis@ashburnvillage.org) or [avsp@ashburnvillage.org](mailto:avsp@ashburnvillage.org).

Family:\$60 Adult: \$35 Junior:\$20

## COURT RESERVATIONS

Make court reservations online through our website or through our app. Ashburn Village residents and ORM's are allowed one, 1.5 hour, one-court reservation per day and may make additional "same day" reservations and/or extend to a 2-hour reservation, if available upon check-in. All guests must check in at the front desk prior to taking the court and must be accompanied by a member. All guests will be charged a \$10 guest fee. Reservations can also be made by calling our front desk at 703-729-0581 x0.

**Spot Time:** Resident Members may reserve courts 7 days in advance, ORM's, 5 days. Courts not cancelled at least 24 hrs prior to a reservation are subject to 100% of the court fees. Rates are per court, per hour. Outdoor Court Reservations are **free** for members and are highly recommended. Our members and staff request that you please be courteous and cancel any outdoor court reservation that will not be used.

## Advanced Indoor Court Reservation Rates:

Early Bird (5-8am, M-F) \$25 mem \$32 ORM

Standard (8am-9:30/8:30pm, M-Th/Fri & 7am-5:30pm, Sat-Sun) \$30 mem \$38 ORM

Seniors 2-3:30pm (M-F) \$21 mem \$28 ORM

## Same Day Indoor Court Reservations Rates:

Early Bird \$22 mem \$29 ORM

Standard \$25 mem \$32 ORM

AVSP Tennis Courts #1-4, inside the bubble year-round, heated & air conditioned, PB lines on Courts #1 & 2

AVSP Tennis Courts #5 & 6, outside, both have lights, hitting wall on court 6, outlets for ball machine (not provided) on court 6. PB lines on Courts #5 & 6

Mills Rec Center Tennis & Pickleball Courts, outside courts, Tennis #1&2 (include PB lines), Dedicated Pickleball #3-8

\*Lakes Rec Center Tennis Courts #1-6, Lights on 4-6, Pickle lines on 6

\*Woods Rec Center Tennis Courts #1-3, Pickle on Court# 3

\*RESIDENT ONLY courts. ORM's are not able to reserve.

## RACQUET REPAIR

AVSP offers full service racquet stringing and grip replacement. Please drop off and pick up racquets at the front desk. Our Tennis Pro Staff can be consulted for recommendations. PRICING: \$20 Labor only (customer provides string), Polyester or Synthetic Gut \$35-\$40. Please be advised there is a 72 hr. turnaround. Add'l \$10 for 2-day rush, \$15 for 1-day rush.

## PROSHOP

Please visit our onsite pro shop located in our front lobby for your basic tennis & pickleball supply needs including, but not limited to grips, dampeners, balls, visors, socks and AVSP court attire. Additional supplies, equipment, attire, footwear, racquets and paddles can be ordered through our Racquet Sports staff. Please contact Matt or Erin directly for pricing and availability.

# AVSP Racquet Sports Program

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## CLASS PROGRAM FEES

Recreational class programs are offered per session. Full session fees are due at time of registration. Registrations after the start of the session will be prorated for the classes remaining in the session. Drop-ins may be available for classes that are not full. Please contact the Racquet Sports Coordinator at [Tennis@AshburnVillage.org](mailto:Tennis@AshburnVillage.org) to inquire and reserve your spot. Players that show up without registration or a drop-in reservation may be turned away. Prices listed are for informational purposes only. Fees are listed per person, Resident/ORM.

60 Min: 90 Min:  
\$24/28 \$36/42  
Drop-in: Drop-in:  
\$26/30 \$40/45

**MAKEUP POLICY:** We plan our staff, court schedules, and class curriculum according to roster size. Due to the disruption makeups cause our students & staff, we encourage players to attend the classes for which they are registered. All requests for makeups must be received by the tennis department via email to [tennis@ashburnvillage.org](mailto:tennis@ashburnvillage.org) prior to missing class to be considered. Makeups will be granted if space is available in a comparable class. Beginning FALL 2024, a \$10 admin fee will be charged per scheduled makeup without an accompanied doctor's note. All makeups must be scheduled within the same session.

**WITHDRAWALS** from class after the session start date due to illness or injury will require a doctor's note. A refund for the remainder of the session will be issued after a doctor's note has been received.

## PRIVATE & SEMI PRIVATE TENNIS & PICKLEBALL LESSONS

AVSP staff believes private instruction is critical in player development. Lesson times are scheduled directly by the client with our teaching professional staff. Members can contact the Racquet Sports office at [Tennis@AshburnVillage.org](mailto:Tennis@AshburnVillage.org) or fill out a lesson request form on our webpage at [www.ashburnvillagesportspavilion.com](http://www.ashburnvillagesportspavilion.com) Prices vary depending on the current teaching professional rates. Member accounts are charged accordingly, once the lesson is complete. Rates are subject to change. Cancellation Policy is 24 hours. Prices listed are per person, per 60 min (90 min Price is equal to 60 min Price x 1.5), Resident/ORM.

## DIRECTOR RATE:

1 Player \$100/106  
2 Players \$56/62  
3 Players \$42/48  
4 Players \$34/40  
5 Players \$30/36

## SENIOR STAFF PROFESSIONAL RATE:

1 Player \$90/96  
2 Players \$50/56  
3 Players \$38/44  
4 Players \$32/38  
5 Players \$28/34

## STAFF PROFESSIONAL RATE:

1 Player \$80/86  
2 Players \$46/52  
3 Players \$36/42  
4 Players \$30/36  
5 Players \$26/32

## MEET OUR PROS

Check out our staff bios and their current lesson rates on our webpage at [www.AshburnVillageSportsPavilion.com](http://www.AshburnVillageSportsPavilion.com)

**ASHBURN VILLAGE SPORTS PAVILION**  
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