



# Indoor Tennis Camp 2024

Recommended Ages 5 - 14



**Leif Bjelland**  
Camp Director

Have your kids join Pass Academy & Onelife Fitness McLean this summer for tennis instruction and fun! Pass Academy has been developing great tennis players for 50 years in the Washington DC area. Students will learn and fine tune their strokes, footwork, and fitness, all while having fun and beating the summer heat on our indoor courts!

[Click here to register](#)  
[Details & FAQ](#)



## Prices:

**Half Day 9am-12pm:** Members \$325, Non-members \$375

**Full Day 9am-3pm:** Members \$475, Non-members \$550

Extra care 8-9am and 3-5pm available

Sign up for 4 or more weeks and receive a 10% discount!

## Days and Dates:

Monday through Friday

June 17 - August 16

no camp July 4 & 5 (Week discounted by 40%)

## Daily Schedule:

9:00 - 9:15am: Group dynamic warm up

9:15 - 10:00am: Tennis drills

10:00 - 10:15am: Stroke of the day

10:15 - 11:00am: Stroke of the day drills & games

11:00 - 11:15am: Popsicles and break

11:15 - 12:00pm: Tennis games

## Afternoon ( full day)

12:00 - 1:00pm: Lunch and break

(Lunch from Cafe Monaco available for purchase)

1:00 - 2:00pm: Tennis drills and games

2:00 - 3:00pm: Swimming at the outdoor pool



*Onelife Fitness McLean*  
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Questions? Email Leif Bjelland at  
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