

QuickStart

Skill Level: Beginner - Intermediate

Red ball (Ages 5 - 8), 36 ft. court

Using low compression balls, smaller racquets, and a smaller court, the goal is to introduce tennis and make it fun from the start. Players will learn proper mechanics to lay a solid foundation for future development. A strong emphasis is placed on basic athletic skills such as throwing, catching, ball tracking, balance, and coordination. SPACE LIMITED TO 8 PLAYERS

MONDAY	5:00 - 6:00 PM	9 WEEKS	\$225
SUNDAY	9:00 - 10:00 AM	9 WEEKS	\$225

Skills

Skill Level: Beginner

Orange ball (Ages 8 - 10), 60 ft. court

Green dot ball (Ages 10 - 12)

Yellow ball (Age 13 and up)

Skills class introduces players tennis by creating a solid foundation of good technique. Proper mechanics will be heavily emphasized, and all major shots will be introduced and practiced. Topics will include proper grips, swings, footwork, and positioning. Classes will also focus on general athletic skill development including movement, coordination, balance, and body control. SPACE LIMITED TO 8 PLAYERS

MONDAY	6:00 - 7:00 PM	9 WEEKS	\$225
TUESDAY	6:00 - 7:00 PM	9 WEEKS	\$225
WEDNESDAY	4:30 - 5:30 PM	9 WEEKS	\$225
SATURDAY	2:30 - 3:30 PM	9 WEEKS	\$225

Skills Rally

Skill Level: Advanced Beginner - Intermediate

Green dot ball (Ages 10 - 12)

Yellow ball (Age 12 and up)

Skills Rally classes reinforce the techniques learned in the Skills class with a heavy focus on good mechanics and proper movement. Players will improve their shot control by learning to add spin, speed, and direction. Emphasis will be placed on learning to rally consistently and improving live ball hitting ability. Players should be able to feed and serve the ball into play. SPACE LIMITED TO 8 PLAYERS

THURSDAY	4:30 - 6:00 PM	9 WEEKS	\$315
TUESDAY	4:30 - 6:00 PM	9 WEEKS	\$315

Junior Development

Skill Level: Intermediate - Advanced

Yellow ball (Age 12 and up)

Junior Development classes continue technical instruction from Skills and Skills Rally classes. Improving shot control and consistency are key components of the class. The class will introduce more advanced strategy and aspects of situational play. Singles and doubles strategies will be covered, along with an emphasis on becoming a better competitor. Junior Development classes place heavy emphasis on live ball play, and players should be able to maintain technique while hitting with each other.

FRIDAY	4:00 - 5:30 PM	9 WEEKS	\$315
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Academy

Skill Level: Advanced

Yellow ball (Ages 14 and up)

The Academy class is for strong players who are looking to improve their competitive play. Proper technique is an important prerequisite. Classes will focus on improving shot selection and learning how to apply them to match-specific situations. Players at the Academy level should be actively playing in Junior Team Tennis, USTA Tournaments, or additional match-play. Approval from the coach required.

SATURDAY	1:00 - 2:30 PM	9 WEEKS	\$315
SUNDAY	10:00 – 11:30 AM	9 WEEKS	\$315