

CLASS DESCRIPTIONS, DATES and COST

Class	Little Tennis			Beginner			Intermediate / Advanced			Middle School / High School JV			High School Varsity			Tournament Players				
Days	T/Th 12:30 - 1 pm			M/F 4 - 5 pm			T/Th 4 - 5 pm			M/F 3 - 4 pm			M/F 3 - 4 pm			T/W/Th 3 - 4 pm and/or 4 - 5 pm				
Class Size Limit	6			18			14			12			18			30 from 3:00 – 4:00 18 from 4:00 – 5:00				
Class Descriptions	This fun, introductory class is meant to give our little stars a variety of different tennis-related games to match their attention level. We focus on hand-eye coordination with the help of targets, small racquets, nerf balls, hoops, etc.			This class is designed for students ages 6 -10. The primary focus will be on a fun tennis experience, emphasizing racquet feel, balance and hand-eye coordination. Stroke technique will also be introduced.			This class is designed for students ages 8 – 13. Players are grouped by ability. Mechanics, grips, and spins are central issues that will be covered. Scoring, singles & doubles positioning, and strategies will be introduced.			This class is for students in Middle School and High School. Players that have just come from our intermediate class or are looking to try out for High school tennis. Players will focus on improving strokes as well as singles and doubles play.			This class is for students entering freshman through senior year in High School. Player should be looking to improve their tennis skills for the upcoming varsity High School season. Players will learn to focus on singles & doubles strategy, as well as consistency and stroke improvement.			Participants are involved in USTA Challenger and Champs tournaments. Stroke refinement, strategy, tactics, mental toughness and game plans for both singles and doubles all receive attention. Some fitness and off-court sessions are part of this program.				
----- No classes on the following dates: January 1																				
Sessions	# of classes	Mem	NM	# of classes	Mem	NM	# of classes	Mem	NM	# of classes	Mem	NM	# of classes	Mem	NM	# of classes	Mem	NM		
1	1/4 - 1/15	4	20	28	4	40	56	4	40	56	4	48	64	4	48	64	3pm	6	72	96
																	4pm	6	72	96
2	1/16 – 1/31	4	20	28	4	40	56	4	40	56	4	48	64	4	48	64	3pm	6	72	96
																	4pm	6	72	96
3	2/1 – 2/15	4	20	28	5	50	70	4	40	56	5	60	80	5	60	80	3pm	6	72	96
																	4pm	6	72	96
4	2/16 – 2/28	4	20	28	3	30	42	4	40	56	3	36	48	3	36	48	3pm	6	72	96
																	4pm	6	72	96
		Per Class	5	7	Per Class	10	14	Per Class	10	14	Per Class	12	16	Per Class	12	16	Per Hour		12	16



Don't forget to sign up for classes by calling, stopping by the front desk or mailing in the registration form – we appreciate it.