

# Junior Tennis

## Junior Elite through High School

### Sessions:

- Fall 1 (10 weeks)** Sept 4-Nov 11
- Fall 2 (11 weeks)** Nov 12-Jan 27, 2019 (omit Nov 22, Dec 24, 25, 31, Jan 1, 2019)
- Winter (10 weeks)** Jan 28- Apr 7, 2019
- Spring (10 weeks)** Apr 8-Jun 16, 2019 (omit Apr 21, May 25-27)

## Tots and Junior Stars

### Level 7, Tiny Tots - Ages 3-5

- 36' court, 2.9' nets, 19-21" racquet
- Red balls
- Introduction to Tennis
- Throwing, bouncing and catching
- Drop and hits
- Eye hand coordination drills
- Fun, Fun and more Fun!

Mon	4:30-5:00 pm	5:00-5:30 pm
Tues	5:30-6:00 pm	6:00-6:30 pm
Wed	4:30-5:00 pm	5:00-5:30 pm
Thurs	5:30-6:00 pm	6:00-6:30 pm

<b>Cost (for Level 7, Tiny Tots):</b>	<b>10 Weeks</b>	<b>11 weeks</b>
<b>Fitness Members</b>	<b>\$137</b>	<b>\$151</b>
<b>Tennis &amp; Program Members</b>	<b>\$161</b>	<b>\$177</b>

### Level 6, Junior Stars - Ages 5-7

- 36' court, 2.9' nets, 19-23" racquet
- Red balls
- Simple swings and grips
- Very basic strokes taught
- Understands in and out
- Eye hand coordination drills
- Starts to rally very close with Pro

Mon	4:30-5:30 pm	5:30-6:30 pm
Tues	4:30-5:30 pm	5:30-6:30 pm
Wed	4:30-5:30 pm	5:30-6:30 pm
Thurs	4:30-5:30 pm	5:30-6:30 pm
Sun	3:00-4:00 pm	

<b>Cost (for Level 6, Junior Stars):</b>	<b>10 Weeks</b>	<b>11 weeks</b>
<b>Fitness Members</b>	<b>\$250</b>	<b>\$275</b>
<b>Tennis &amp; Program Members</b>	<b>\$285</b>	<b>\$314</b>

Contact Sports Programming at 248.626.9880, ext. 3 to start on the **Pathway to Junior Tennis Excellence.**

Due to the regulations of our insurance company - NO parents or siblings allowed on the court during instruction.

### Level 5, Junior Elite - Ages 6-8

- 60' court, 21"-25" Racquet
- Orange balls
- Lots of movement in different directions
- Forehand Grip Semi-Western
- Introduce Spin
- Learn to keep score and basic rules of the game
- Abbreviated serve motion

Tues/Thurs/Fri	4:30-6:30 pm
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### Level 4, Challengers - Ages 7-10

#### Beginner Level

- 60' court, 23"-25" Racquet
- Orange balls
- Starting to move well with balance
- Start to rally from 60' baseline
- Serves with balance and makes higher contact point
- Developing effective swing motions
- Starts to play out points

Mon/Wed/Fri	4:30-6:30 pm
Sat	2:00-4:00 pm
Sun	1:00-3:00 pm

### Level 3, Future Stars - Ages 7-10

#### Intermediate Level

- 78' court, 23"-26" Racquet
- Green dot balls
- Continental grip introduced
- Starts to use effective swing motions with topspin
- Full motion on serve and correct grip
- Moves well changing directions
- Feels confident competing on a 60' court
- Starts compete in team competitions

Tues/Thurs/Fri	4:30-6:30 pm
Sat	2:00-4:00 pm
Sun	3:00-5:00 pm

### Teen Stars - Ages 11-18

#### Beginning Teens

- 78' court, 27" Racquet
- Green dot and Yellow Balls
- Scoring and rules of the game will be taught
- Exposed to all strokes: Forehands, backhands, volleys, overheads and serves
- Learn to rally and play the game
- Lots of fun!

Tues/Fri	4:30-6:30 pm
Sat	4:00-6:00 pm
Sun	3:00-5:00 pm

### Middle School / High School - Ages 11-18

#### Intermediate to advanced players

- Working toward making school team
- Special attention to singles & doubles strategy
- Exposed to all strokes with correct grips
- Proper court positioning will be taught
- All players are encouraged to play USTA team competitions

Mon/Wed/Thurs/Fri	4:30-6:30 pm
Sat	4:00-6:00 pm
Sun	3:00-5:00 pm

**Cost - Discounts for multiple days. (Level 5 Junior Elite, Level 4 Challengers, Level 3 Future Stars, Teen Stars, Middle School / High School)**

<b>10 Weeks</b>	<b>1st Day</b>	<b>2nd Day</b>	<b>3rd Day</b>
<b>Fitness Members</b>	<b>\$450</b>	<b>\$346</b>	<b>\$191</b>
<b>Tennis &amp; Program Members</b>	<b>\$494</b>	<b>\$395</b>	<b>\$214</b>

<b>11 Weeks</b>	<b>1st Day</b>	<b>2nd Day</b>	<b>3rd Day</b>
<b>Fitness Members</b>	<b>\$495</b>	<b>\$381</b>	<b>\$210</b>
<b>Tennis &amp; Program Members</b>	<b>\$543</b>	<b>\$435</b>	<b>\$236</b>

## NEW! Junior Tennis Drop-ins:

- **\$60** per drop-in (based on availability)
- Maximum of two drop-ins if not in current program
- Available for Junior Elite – Middle School / High School classes
- Must **Reserve** a spot with Anita at 248-626-9880, ext. 218

## Junior Tennis Benefits

Current Junior Tennis participants will receive the following benefits of club membership:

- Member rates for private Tennis lessons
- Ability to reserve Tennis courts
- FREE walk-on court time



**\$65 annual Sports Program Membership fee required.**