

# **Junior Programs SPRING SESSION 1**

March 25th, 2024 - June 9th, 2024



# QuickStart

11 Weeks 11 Weeks

1/2 hour 1 hour

\$121/day Non-Member \$242/day Non-Member

# **Red Ball**

This program is designed for children ages 4-6 with the goal of introducing the FUNdamentals of tennis. Children use modified equipment and a smaller court to improve their ability to rally and play while developing their coordination and balance skills.

AGES	DAY	TIME
4 - 6	Monday*	5:00pm - 6:00pm
4 - 6	Tuesday*	4:00pm - 5:00pm
4 - 6	Thursday*	4:00pm - 5:00pm
4 - 6	Friday*	4:00pm - 5:00pm
4 - 6	Saturday*	9:00am - 10:00am

#### **Orange Ball**

Designed for children ages 7-8, this program expands on the player's ability to rally. While continuing to improve their coordination and balance, players will learn proper technique, grip selections, serve, footwork patterns, and preparation. Competitive play is introduced through game-based drills on the 60' court.

AGES	DAY	TIME
7 - 8	Monday*	5:00pm - 6:00pm
7 - 8	Tuesday*	4:00pm - 5:00pm
7 - 8	Thursday*	4:00pm - 5:00pm
7 - 8	Friday*	4:00pm - 5:00pm
7 - 8	Saturday*	9:00am - 10:00am

## Green Dot Ball

The United States Tennis Association, Midwest Division mandates all 10 and under sanctioned tournaments to be played with a modified ball on a 78' court. This program is be played with a players adapt to the challenges of the full court while maintaining proper techniques. Coaches will begin encouraging match play tournaments for those interested. Game-based drills will encourage competition and improve footwork and reactions.

AGES	DAY	TIME
9 - 10	Monday*	5:00pm - 6:00pm
9 - 10	Tuesday*	4:00pm - 5:00pm
9 - 10	Thursday*	4:00pm - 5:00pm
9 - 10	Friday*	4:00pm - 5:00pm
9 - 10	Saturday*	9:00am - 10:00am

\$110/day Member

\$209/day Member

### **Tiny Tots**

This class is designed to get your toddler introduced to the game of tennis. Through fun hand-eye coordination drills and an introduction to the basic strokes, your child will learn to love tennis. The children will use a smaller court and appropriate racquets and balls to start learning the game.

AGES	DAY	TIME
2 1⁄2 - 4	Monday*	12:15pm - 12:45pm
2 1⁄2 - 4	Wednesday*	3:30pm - 4:00pm

\*All classes held at Four Seasons Tennis Club.

lunier Development	11 Weeks	1½ hours	\$303/day Member	\$363/day Non-Member
Junior Development	11 Weeks	2 hours	\$418/day Member	\$484/day Non-Member

### Level 1

This player will learn and establish a solid tennis foundation. Ranging from beginner to advanced beginner, players will develop the fundamental techniques in all strokes and the tactics for using those techniques. They will have a full understanding of both singles and doubles play.

AGES	DAY	TIME
11+	Wednesday*	6:00pm - 7:30pm
11+	Thursday*	5:00pm - 6:30pm
11+	Saturday*	10:00am - 11:30am

### Level 2

This program is for those players with basic tennis knowledge. Although stroke mechanics will be an important part of each class, consistency and control, spins, placement, and other more advanced techniques will be developed at this level. Players will also learn singles and doubles strategy and tactics.

AGES	DAY	TIME	AGES	DAY	TIME
11+	Tuesday*	5:00pm - 6:30pm	14+	Wednesday*	6:00pm - 8:00pm
11+	Wednesday*	6:00pm - 7:30pm	14+	Thursday	4:00pm - 6:00pm
11+	Saturday* ´	10:00am - 11:30am		,	

Tournament Performance	11 Weeks	1½ hours	\$303/day Member	\$363/day Non-Member
	11 Weeks	2 hours	\$418/day Member	\$484/day Non-Member
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Western's Tournament Performance Program is a place for motivated young athletes to maximize their potential on and off the courts. Through tennis, these players will learn skills like determination, dedication, critical thinking, and teamwork to help them achieve their goals. This program is geared toward players that desire to be pushed in a variety of drills and situational point play. In the group activities, athletes work on specific skills through game-based drills. They also refine their technique, footwork, reactions, and other skills through repetitive, pro-fed drills. There are several tournaments each year that players (9 and up) will be recommended to play.

AGES	<b>DAY</b>	<b>TIME</b>
Gold	Monday	4:00pm - 6:00pm
Gold	Wednesday	4:00pm - 6:00pm

AGES DAY TIME Monday 4:00pm - 6:00pm Platinum Platinum Wednesday 4:00pm - 6:00pm

#### Level 3

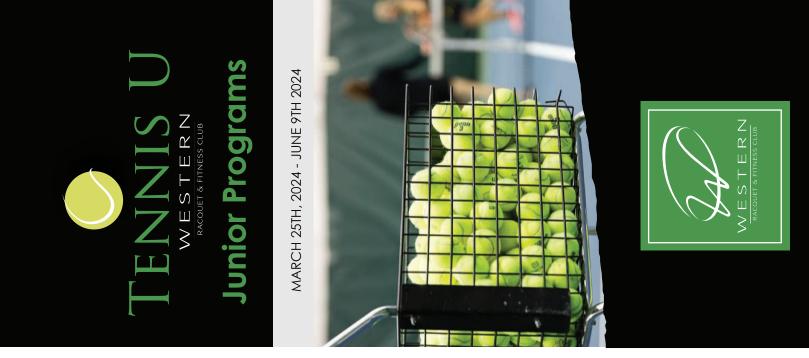
This player is interested in or is already playing JV with goals of reaching Varsity for their high school team. Instruction will focus on developing and improving sound fundamentals, including grips, spins, footwork, and preparation.

AGES	DAY	TIME
14+	Tuesday*	5:00pm - 6:30pm
14+	Thursday	4:00pm - 6:00pm
14+	Saturday*	10:00am - 11:30am

#### level 4

These players are already on the Varsity team but do not actively compete in USTA tournaments. This program will focus on improving their ability to compete at the high school Varsity level by working and intelligent shot selection.

AGES	DAY	TIME
14+	<b>Wednesday*</b>	6:00pm - 8:00pm
14+	Thursday	4:00pm - 6:00pm





Date