



JUNIOR TENNIS



REDBALL (AGES 5-7)

Fun and active class designed to introduce young players to the game of tennis. Activities are designed to develop racquet handling skills, stroke fundamentals, hand-eye coordination and basic footwork. Classes are taught using low compression red felt balls in 36' courts with smaller nets.

ORANGE BALL (AGES 8-9)

Class is designed to teach players the different grips, stances, and basic spins associated with each particular stroke. More advanced footwork, singles and doubles match play, tennis etiquette, and basic strategy will be introduced through drills and games. 60' courts and orange balls are used.

GREEN BALL (AGES 10-11)

This class is ideal for players who have successfully completed the orange ball class and/or feel comfortable playing from the full-court baseline. Activities are designed to continue the development of proper technique, improve consistency, anticipation skills, and shot selection to prepare players for competitive rallies and team tennis. Green balls and full size court.

- Level 2: Pre-rally (Beginner to Advanced Beginner)
- Level 1: Rally (Intermediate Level)

YELLOW BALL (AGES 12+)

This class is ideal for teenagers interested in learning the sport or for those who would like to transition from the recreational level to a competitive track. The focus is on proper technique, innovative drills & games, singles and doubles match play, and strategies to improve decision-making during competition.

- Level 2: Pre-rally (Beginner to Advanced Beginner)
- Level 1: Rally (Intermediate Level)

40XV
FORTY - FIFTEEN

PRE-ACADEMY (AGES 11 - 18)

Class is ideal for motivated advanced-intermediate to advanced players who are looking to take their game to the next level. The typical player has exceeded expectations in the Green Ball and/or Yellow Ball Classes. Activities are designed around full stroke development, the use of different spins to improve shot selection, advanced footwork, developing individual strengths, recognizing opponent's weaknesses, and anticipating shots.

- Pre-Academy III (Ages 8-10)
- Pre-Academy II (Ages 11-14)
- Pre-Academy I (Ages 15 - 18)

TENNIS ACADEMY (AGES 11-18)

This class is designed for advanced players who have experience playing competitive tennis at the national or international level. Dynamic warm-ups, stretching, conditioning exercises, live drills, and competitive match play are designed to maximize individual strengths, improve shot anticipation and selection, promote mental toughness, and develop sound strategies under different playing scenarios.

- Tennis Academy II - Advanced Level
- Tennis Academy I - Elite Level