

SATURDAY PROGRAM

• FREE for All Kids Ages 3-17

2010-11

• No Pre-Registration Required

SCHEDULE

Beginner

Advanced

LEVEL 1

1:30 - 3:00
Front & Back Bubble

This level helps pre-schoolers and early elementary kids (ages 3-6) build both physical skills (agility, balance, hand-eye coordination) and life skills (teamwork, taking turns, cleaning up together, etc). Skill development stations help kids prepare for a future in any sport.



LEVELS 2 & 3

3:00-4:30
Level 2 - Front Bubble • Level 3 - Back Bubble

LEVEL 2

This level is for elementary school kids (ages 6-11) that want to start learning the fundamentals of tennis. Kids use pressureless balls to accelerate the learning process for the forehand, backhand, volley and overhead.

LEVEL 3

Junior High Kids continue to drill all their strokes. Our goal with this group is to have kids hit as many balls as possible so they start to develop a consistent stroke. In addition, this level begins to focus on match strategy.

LEVEL 4

4:30 - 6:00
Front & Back Bubble

This level is geared for high school kids. There is a considerable amount of time spent with this group on advanced tennis skills and techniques such as grips, court positioning, and the mental approach to the game.



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