

Bethel Park Tennis

EST. 1983

Fall / Winter Junior Development Tennis Programs 2016 - 2017

Juniors

Session I	Aug. 22 – Oct. 2, 2016	6 Weeks – No Clinics on Sept. 5 - Mu on Sept. 10 Times TBA
Session II	Oct. 10 – Dec. 4, 2016	8 Weeks – No Clinics on Nov. 24 – Nov. 27, 2016 – Make ups TBA
Session III	Dec. 5– Feb. 19, 2017	9 Weeks- No Clinics on Dec. 19 – Jan. 1 (Resume clinics on Jan 2)
Session IV	Feb. 20 – April 23, 2017	9 Weeks- No Clinics on April 10 – April 16 (Resume on April 17)

Tiny Tots (Red-Foam Balls) AGES 3 and 4

Your child's first experiences on a tennis court. An informal environment that establishes a foundation for gross motor skill development. General athleticism is more important than tennis specific skills at this age. Basic movement and coordination skills will be introduced. The children will learn to receive and send the ball with their hands, racquets and other adapted equipment that fosters enjoyable learning experiences.

Tiny Tots is described as a Fundamental Motor Skills Program delivered through Tennis, children learn the skills of running, jumping, throwing, catching and much more alongside the start of the basics of tennis.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:15 p.m., Tuesday 10:00 – 10:45 a.m., Friday 3:30 – 4:15 p.m., Friday 6:00 – 6:45 p.m.,
Sunday 11:00 – 11:45 a.m., Sunday 1:00 – 1:45 p.m.

BEGINNER & ADVANCED BEGINNER (Red-Foam Balls) AGES 5 and 6

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36 foot court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36 foot court. They will learn adaptive skills that will be the foundation of their future tennis development.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m.,
Sunday 11:00 – 12:00 p.m., Sunday 1:00 – 2:00 p.m.

BEGINNER & ADVANCED BEGINNER (Red-Foam Balls) AGES 7 - 8

Children will continue to learn the skills of the 36 foot court. By the end of this program, a child should be able to play Quick start Tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and how to compete in Quick start events in the 8 and under division.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m.,
Sunday 11:00 – 12:00 p.m., Sunday 1:00 – 2:00 p.m.

BEGINNER & ADVANCED BEGINNER (Orange-Transition Balls) AGES 9 - 12

Children will learn the basics of tactical play from the 60' court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

SCHEDULE OF CLASSES:

Monday 3:30 – 4:30 p.m., Monday 6:00 – 7:00 p.m., Friday 3:30 – 4:30 p.m., Friday 6:00 – 7:00 p.m.,
Sunday 11:00 – 12:00 p.m., Sunday 1:00 – 2:00 p.m.

TEEN 1 Beginner or Advanced Beginner (Red, Orange, Green and Yellow Balls) AGES 13 - 18

The **Teen 1** program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

Schedule of classes:

Wednesday 6:00 – 7:00 p.m., Friday 6:00 – 7:00 p.m., Sunday 1:00 – 2:00 p.m.

<u>TINY TOTS</u>			<u>Beginner, Advanced Beginner and Teen 1</u>		
<u>6 Week Session:</u>	<u>8 Week Session:</u>	<u>9 Week Session:</u>	<u>6 Week Session:</u>	<u>8 Week Session:</u>	<u>9 Week Session:</u>
\$110 One Day \$200 Two Days	\$148 One Day \$276 Two Days	\$167 One Day \$314 Two Days	\$126 One Day \$232 Two Days	\$168 One Day \$316 Two Days	\$189 One Day \$358 Two Days