

# BETHEL PARK TENNIS

Est. 1983

Fall / Winter 2016 - 2017 Junior Development Tennis Programs

## Juniors

Session A	Aug. 22– Oct. 2, 2015	6 Weeks – Outdoor - No Clinics on Sept. 5 – Make ups on Sept. 10 - Times TBA
Session B	Oct. 10 – Jan. 15, 2017	12 Weeks - Indoor - No Clinics 11/24 – 11/27/16 - Make ups TBA And 12/19 – 1/1/17 - Clinics resume 1/2/17
Session C	Jan. 16 – April 23, 2017	13 Weeks- Indoor - No Clinics 4/10 – 4/16/17- Clinics resume 4/17/17

### LEVEL 3 INTERMEDIATE (Orange-Transition Balls) AGES 7 – 10

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.

### Level 3 Teen 2 Advanced Beginner/Intermediate (Green and Yellow Balls) AGES 13 - 15

Students will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

#### SCHEDULE OF CLASSES:

Monday/Friday 4:30 – 6:00 p.m., Saturday 2:00 – 3:30 p.m.

### LEVEL 3.5 ADVANCED (Green and Yellow Balls) AGES 9 - 14

Children will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. This is the final development stage before the children enter the Junior Competitive Program.

#### SCHEDULE OF CLASSES:

Monday/Tuesday/Wednesday/Friday 5:00 – 7:00 p.m., and Sunday 2:00 – 4:00 p.m.

### LEVEL 4 (Aspiring Tournament Player) AGES 10-18

Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

#### SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 5:00 – 7:00 p.m., and Sunday 2:00 – 4:00 p.m.

### Level 4.5 (TOURNAMENT LEVEL) (Tournament Player or High School Tennis Player) AGES 10-18

Improve mechanics for all strokes, footwork and conditioning, develop consistency and improve shot making.

#### SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00

### Level 5.0 and 5.5 (OPEN LEVEL) (Tournament player having earned a competitive National or Sectional ranking) AGES 10-18

Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

#### SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00

<u>Level 3.0 Fees</u>			<u>Levels 3.5, 4, 4.5, 5 and 5.5 Fees</u>		
<u>6 Week Session:</u>	<u>12 Week Session:</u>	<u>13 Week Session:</u>	<u>6 Week Session:</u>	<u>12 Week Session:</u>	<u>13 Week Session:</u>
\$196 One Day \$372 Two Days	\$393 One Day \$766 Two Days	\$449 One Day \$878 Two Days	\$239 One Day \$458 Two Days	\$479 One Day \$938 Two Days	\$519 One Day \$1,018 Two Days