

BETHEL PARK TENNIS

Est. 1983

Summer Junior Development Tennis Programs 2017

Juniors

Summer Session – June 12, 2017 – August 6, 2017 (8 Weeks)

Tiny Tots (Red-Foam Balls) AGES 3 - 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.

SCHEDULE OF CLASSES:

Monday 5:15 – 6:00 p.m., Monday 6:00 – 6:45 p.m., Wednesday 11:00 – 11:45 a.m., Wednesday 5:15 – 6:00 p.m.,
Wednesday 6:00 – 6:45 p.m., Friday 8:00 – 8:45 a.m., Saturday 11:00 – 11:45 a.m.

BEGINNER & ADVANCED BEGINNER (Red Balls) AGES 5 - 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 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 p.m., Wednesday 5:00 – 6:00 p.m.,
Wednesday 6:00 -7:00 p.m., Friday 11:00 – 12:00 p.m., Friday 12:00 – 1:00 p.m., Saturday 11:00 – 12:00 p.m.

BEGINNER & ADVANCED BEGINNER (Red 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 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 p.m., Wednesday 5:00 – 6:00 p.m.,
Wednesday 6:00 – 7:00 p.m., Friday 11:00 – 12:00 p.m., Friday 12:00 – 1:00 p.m., Saturday 11:00 – 12:00 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 5:00 - 6:00 p.m., Monday 6:00 – 7:00 p.m., Wednesday 11:00 – 12:00 noon, Wednesday 12:00 – 1:00 p.m.,
Wednesday 5:00 – 6:00 p.m., Wednesday 6:00 – 7:00 p.m., Friday 11:00 – 12:00 p.m., Saturday 11:00 – 12:00 p.m.

TEEN (Green and Yellow Balls) AGES 13 - 18

The *Teen* 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:

Monday 6:00 – 7:00 p.m., Wednesday 6:00 – 7:00 p.m.- Beginner & Advanced Beginner

Tiny Tots	Beginner and Advanced Beginner
\$148 One Day per Week \$276 Two Days per Week	\$168 One Day per Week \$316 Two Days per Week