



Junior Tennis

WINTER
2023

Get Fit, Stay Healthy, Be Safe!

Junior Tennis Sessions:

Winter 1 (9 weeks) Jan 9 - Mar 12

Winter 2 (9 weeks) Mar 13-May 21 (Omit Mar 25-31, Apr 9)

Spring (3 weeks) May 22-Jun 11 (Omit May 27-29)

Assistant Tennis Director: Taylor Pinchoff

U6 Tennis – Ages 4 & 5

This group is on our small court in our multi sports room and uses red balls. Children are introduced to tennis fundamentals and hand eye coordination drills in a fun environment.

Mon or Fri	4:30-5:30 pm
Tues	4:30-5:30 pm & 5:30-6:30 pm
Sat	10:30-11:30 am
Sun	2:00-3:00 pm

Cost 1 hour for 9 weeks:

Fitness Member	\$180
Program Member	\$189

U8 Tennis – Ages 6-7

This group is on our small court in the Multi Sports room and uses red balls. Children continue to work on core tennis fundamentals with an introduction to competitive games and point play.

Mon or Fri	5:30-7:00 pm
Wed or Thurs	4:30-6:00 pm
Sat	9:00-10:30 am & 11:30 am-1:00 pm
Sun	12:30-2:00 pm & 3:00-4:30 pm

Cost 1 1/2 hours for 9 weeks:

Fitness Member	\$257
Program Member	\$266

Blended Line Tennis – Ages 8-11

This group will take place on our 60ft tennis courts using orange balls. Students will be introduced to all the strokes of tennis through drills and point play. For both beginners and advanced beginner tennis players. Proficiency on serve and groundstrokes are required to graduate to the next level.

Mon or Tues	4:30-6:30 pm
Wed or Thurs	5:00-7:00 pm
Sat	11:00 am-1:00 pm & 1:00-3:00 pm
Sun	12:30-2:30 pm & 2:30-4:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459



Full Court Progression – Ages 8-11

This group will use the full court lines and green balls. Students will continue working on the fundamentals of all strokes with an emphasis on the movement necessary to cover a larger area. Players must be able to hit topspin and maintain the correct technique during point play. Students will begin the preparation to participate in competition. Proficiency on serve from the baseline is required to graduate to the next level. Placement approval required.

Mon, Wed, Thurs, Fri	4:30-6:30 pm
Sat	1:00-3:00 pm & 3:00-5:00 pm
Sun	4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459

Full Court – Ages 9-12

This group will use the full court lines and yellow balls. This group is a continuation of Full Court Progression for students who are ready to take on the full court with the hard yellow balls. The class will begin to spend time on point development and strategy discussions. Placement approval required.

Mon	4:30-6:30 pm
Wed	5:00-7:00 pm
Sat	11:00 am-1:00 pm
Sun	4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459

Teen Tennis – Ages 12-17

This group is for those teenagers that are new to the game or are advanced beginners. Specific instruction on all strokes will be emphasized. As students progress throughout the session they will learn to rally and strategically play out points.

Mon	4:30-6:30 pm
Fri	4:00-6:00 pm
Sat	3:00-5:00 pm
Sun	2:30-4:30 pm & 4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459

High School Prep – Ages 12-17

This class is ideal for intermediate middle to high school aged players looking to play on their school team. This class will introduce conditioning and the skills specifically needed for singles or doubles play. Students must be able to play out a match in practice or a tournament setting in order to register. Placement approval required.

Mon, Tues, Wed, Thurs or Fri	4:30-6:30 pm
Sat	1:00-3:00 pm & 3:00-5:00 pm
Sun	4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459

High School Training – Ages 12-17

This group is designed for those students currently playing varsity tennis. Class structure is designed around competitive point play, strategy and footwork. Kids will get the chance to play against a wide range of players with differing styles of play. Focus is on both singles and doubles strategy. Two days required. Placement approval required.

Mon, Tues, Wed, Thurs or Fri	4:00-6:00 pm
Sat	1:00-3:00 pm
Sun	2:30-4:30 pm

Cost 4 hours for 9 weeks:

Fitness Member	\$738
Program Member	\$799

Jr Competitive Play Information/Events

For more information, contact Marimar Alonso at the following email, marimar.alonso@att.net.

**ALL 24 HOUR or LESS
TENNIS COURT RESERVATIONS
are \$30/hour**

Doubles Strategy

Coached by Marimar Alonso

This two hour program is specifically designed to train high school players on the skills and strategy needed to be a successful high school doubles player. Placement approval required.

Thurs	4:00-6:00 pm
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Cost 2 hours for 9 weeks:

Fitness Member	\$421
Program Member	\$459

*Class may be paired with a High School Training class to receive two day rate.



Please Note

Recommended ages are listed for each level. Based on a participants skill set, exceptions can be made. All makeups are based on availability and are not guaranteed. No makeups are provided for the U6 and U8 classes.

Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext. 112 for updated information. No refunds for missed classes.

To register, please contact the Programming Office at **248-735-8850 ext 112**, or email nacregisternow@gmail.com



Call 248.735.8850 - Ext. 112 or email at nacregisternow@gmail.com ■ 42500 Nick Lidstrom Drive, Novi, Michigan 48375 ■ nacgetfit.com