

Junior Tennis



Get Fit, Stay Healthy, Be Safe!



Junior Tennis Sessions:

Winter 1 (9 weeks) Jan 3 - Mar 6

Winter 2 (9 weeks) Mar 7 - May 15

(Omit Mar 26-Apr 1 and Apr 17)

Spring (4 weeks) May 16 - Jun 12 (Omit May 28-30)

Assistant Tennis Director: Taylor Pinchoff

Full Court Progression – Ages 8-11

This group will use the full court lines and green balls. Students will continue working the fundamentals of all the strokes with an emphasis on the movement necessary to cover a larger area. All aspects of the game will be introduced, preparing your child for competition. This class will include a skills test during the session.

Mon, Thurs, Fri	4:30-6:30 pm
Wed	5:00-7:00 pm
Sat	1:00-3:00 pm
Sun	4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$419
Program Member	\$449

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.

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

Cost 2 hours for 9 weeks:

Fitness Member	\$419
Program Member	\$449



Teen Tennis – Ages 12-17

This group is for teenagers who are getting a bit of a late start to the game of tennis. Instructors will take the time necessary to work on the technical aspects of all strokes.

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	\$419
Program Member	\$449

High School Prep – Ages 12-17

This group is for any player aspiring to participate in high school tennis in the next few years. The class will introduce conditioning and the skills specifically needed for singles or doubles play. 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	\$419
Program Member	\$449

High School Training – Ages 12-17

This group is for any player playing High School tennis. This group will be designed around getting a complete workout on all strokes at every meeting. In addition, students will have an opportunity to play out points with a wide range of players of differing styles. 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	\$729
Program Member	\$799

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.

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

U6 Tennis – Ages 4 & 5

This group is on our small court in the Multi Sports room and uses red balls. Children are introduced to tennis fundamentals in a fun environment. This class will include a skills test during the session.

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. This class will include a skills test during the session.

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	\$255
Program Member	\$265

Blended Line Tennis – Ages 8-11

This group will take place on our 60' blue lines on courts 5, 6, 9 or 10. Students will be introduced to all of the strokes of tennis and taught scorekeeping. The class will use orange balls! This class will include a skills test during the session.

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	\$419
Program Member	\$449

Jr Competitive Play Information/Events

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

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. This class can be paired with another day and time to receive the high school two day rate.

Thurs 4:00-6:00 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$419
Program Member	\$449

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

Note: 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.

