

SNAPSHOTS

Red Ball: Players will play on a 36' modified court, using red felt or foam balls, hitting over a pop-up net. Red tennis balls move slower and bounce lower than orange balls. These classes are suitable for participants aged 8 and under.

Orange Ball: Players will play on a 60' modified court, using orange felt balls. These tennis balls move slower and bounce lower than green balls. These classes are suitable for children aged 8 to 11.

Green Ball: Players will play on a full-size court, using green balls. These tennis balls bounce slightly less than traditional yellow balls. These classes are suitable for children aged 11 to 14.

Yellow Ball: Players will play on a full-size court, using what's known as the traditional tennis ball. These balls have a full bounce and travel the quickest through the air. These classes are suitable for participants aged 11 and above.

DESCRIPTIONS - NEW VERSION

TENNIS – SQUIRTS (SAME SKU as before)

Join our Tennis Squirts class, designed to introduce children to the game of tennis. Led by professional coaches in a positive learning environment, this class focuses on engaging children in fun and inclusive activities.

Program Highlights:

- Introduction to essential skills including court boundaries, balance, hand-eye coordination, racket skills, and grip.
- Developing basic tennis techniques in forehand, backhand, volleying, and more.
- Enjoying fun challenges, structured activities and themed games to ensure success & enjoyment.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Tennis Squirts?

- Tailored for Young Beginners: Focus on essential skills in a dynamic setting.
- Engaging Activities: Inclusive and fun activities that keep children interested.

- Skill Enhancement: Experienced coaches improve fine motor skills and basic tennis techniques.
- Boost Confidence: Nurturing growth on and off the court.

What to Expect:

- Specialized Equipment & Abbreviated Court Size: Red felt or foam balls along with pop up nets for an enhanced learning experience.
- Fun and Rewarding Sessions: Exciting challenges and structured activities.

All equipment needed for this class will be provided by USA Sport Group.

TENNIS – Red Ball: Foundation

Join our Tennis class for beginners and those with some experience, led by professional coaches in a positive learning environment. Our Red Ball Foundation class develops fundamental techniques and game understanding through engaging activities, challenges, and games.

Program Highlights:

- Mastering groundstrokes, volleys, court awareness, and building effective rallies.
- Enjoy fun activities, competitions, and game play.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Red Ball Foundation Tennis?

- Tailored for Young Beginners: Focus on essential skills in a dynamic setting.
- Engaging Activities: Specially curated equipment ensures enjoyment.
- Skill Enhancement: Experienced coaches improve agility, balance, and coordination.
- Boost Confidence: Nurturing growth on and off the court.

What to Expect:

- Specialized Equipment & Abbreviated Court Size: Red felt or foam balls along with pop up nets for an enhanced learning experience.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Orange Ball: Foundation

Join our Tennis class for beginners and those with some experience, led by professional coaches. Our Orange Ball Foundation class focuses on teaching the fundamentals of tennis in a safe, fun, and engaging environment. Participants will learn to understand scoring, match formats, and work towards maintaining rallies.

Program Highlights:

- Mastering groundstrokes, volleys, court awareness, and building effective rallies.
- Introduction to serving techniques, proper form, and rules.
- Guidance on point-winning strategies, proper scoring methods, and match play techniques
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Orange Ball Foundation Tennis?

- Skill Development: Focus on foundational skills crucial for long-term success in tennis.
- Engaging Environment: Enjoy a fun and supportive setting that encourages learning and growth.
- Preparation for Competitive Play: Build the skills necessary for more advanced levels and competitive play.

What to Expect:

- Specialized Equipment & Abbreviated Court Size: Orange felt balls and a modified court for an enhanced learning experience.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Orange Ball: Development

Join our Tennis class tailored for players with some experience, led by professional coaches and geared towards further skill development. Our Orange Ball Development class prioritizes improving rally consistency, serving skills, and preparing participants for competitive match play.

Program Highlights:

- Developing consistency in groundstrokes and incorporating directional play.
- Emphasizing full match play dynamics and mastering point scoring strategies.
- Emphasis on proper grips and footwork.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Orange Ball Development Tennis?

- Interactive Learning: Engage in fun tennis activities and competitions, nurturing a passion for the game and promoting active involvement.
- Game-Specific Training: Develop decision-making skills in real game situations, enabling players to excel under pressure and execute strategic plays.
- Skill Refinement: Hone essential tennis skills like strokes, directional play, rallying, point-scoring, and match play, fostering ongoing improvement.

What to Expect:

- Specialized Equipment & Abbreviated Court Size: Orange felt balls and a modified court for an enhanced learning experience.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Green Ball: Foundation

Join our Tennis class for beginners and those with some experience, led by professional coaches. Our Green Ball Foundation class focuses on teaching the fundamentals of tennis in a safe, fun, and engaging environment. Participants will learn to understand scoring, match formats, and work towards maintaining rallies.

Program Highlights:

- Mastering groundstrokes, volleys, court awareness, and building effective rallies.
- Introduction to serving techniques, proper form, and rules.
- Guidance on point-winning strategies, proper scoring methods, and match play techniques.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Green Ball Foundation Tennis?

- Strong Foundation: Build a solid groundwork for tennis skills to progress confidently.
- Professional Coaching: Led by experienced coaches dedicated to nurturing young players.
- Positive Learning Environment: Learn in a supportive and encouraging atmosphere conducive to skill development.

What to Expect:

- Specialized Equipment: Green balls and full-size court for an enhanced learning experience.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Green Ball: Development

Join our Tennis class led by professional coaches in a positive learning environment, ideal for children with some experience. Green Ball Development class is the next step for players who have mastered the foundation skills. This program focuses on honing shot selection, rally consistency, and preparing participants for competitive match play, emphasizing consistent rallies, serves, and deeper game understanding.

Program Highlights:

- Fine-tune stroke mechanics, serving and positioning.
- Develop game-specific strategies and decision-making skills.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Green Ball Development Tennis?

- Elevated Skill Development: Advance your tennis skills under the guidance of experienced coaches dedicated to your individual improvement.
- Competitive Edge: Develop the tools and strategies needed to compete confidently at a higher level of play.
- Dynamic Learning Environment: Challenge yourself in a supportive yet competitive atmosphere that fosters growth and development.

What to Expect:

- Specialized Equipment: Green balls and full-size court for an enhanced learning experience.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Yellow Ball: Development

Join our Tennis class led by professional coaches in a positive environment. Our Yellow Ball Development class focuses on honing shot selection, rally consistency, and preparing participants for competitive match play, emphasizing consistent rallies, serves, and a deeper understanding of the game.

Program Highlights:

- Engage in targeted training sessions to improve shot selection, rally consistency, and match strategy, fostering continuous skill enhancement.
- Experience tennis on a regulation-sized court for both singles and doubles matches, preparing players for competitive play.
- Receive a free Dri-Fit Shirt & completion certificate.

Why Choose Yellow Ball Development Tennis?

- Elevated Skill Development: Advance your tennis skills under the guidance of experienced coaches dedicated to your individual improvement.
- Competitive Edge: Develop the tools and strategies needed to compete confidently at a higher level of play.
- Dynamic Learning Environment: Challenge yourself in a supportive yet competitive atmosphere that fosters growth and development.

What to Expect:

- Yellow balls and a full-size court.
- Personalized Guidance: Small groups ensure optimal development.
- Fun and Rewarding Sessions: Exciting challenges and competitions.

Participants must provide their own racket for this class. All other equipment needed will be provided by USA Sport Group

TENNIS – Adult: Foundation

Join this Adult Tennis Foundation class to elevate your game, stay active, and enjoy the camaraderie of fellow players. Led by experienced coaches, our Adult Foundation class caters to players of all skill levels, from beginners to those with some experience looking to refine their techniques.

Program Overview:

- Develop fundamental skills such as stroke mechanics, footwork, and court positioning, whether you're new to the sport or looking to improve.
- Stay fit and active with dynamic drills and exercises designed to enhance agility, endurance, and overall fitness.
- Receive a free Dri-Fit Shirt.

Why Choose Our Adult Tennis Classes:

- Expert Coaching: Benefit from the guidance of experienced coaches who tailor instruction to your individual needs and goals.
- Social Connection: Enjoy a supportive and friendly environment where you can meet new people and forge friendships.
- Advanced Strategies: Learn advanced strategies and tactics to improve your game and outsmart your opponents.

What to Expect:

- Specialized Equipment: Yellow balls and full-size court for an enhanced learning experience.
- Enjoy fun and dynamic sessions with drills, games, and match play, balancing learning and enjoyment.
- Apply new skills and strategies to see real progress, whether aiming for competitive play or personal improvement.

Participants must provide their own racket for this class. All other equipment needed will be provided by the USA Sport Group

TENNIS – Adult: Development

Join our Adult Tennis Development class to elevate your game, stay active, and enjoy the camaraderie of fellow players. Led by experienced coaches, our Adult Development class caters to experienced and advanced players looking to refine their techniques and strategies.

Program Overview:

- Enhance advanced skills such as stroke mechanics, footwork, and court positioning to elevate your game.
- Stay fit and active with dynamic drills and exercises designed to further improve agility, endurance, and overall fitness.
- Receive a free Dri-Fit Shirt.

Why Choose Our Adult Tennis Advanced Classes:

- Expert Coaching: Benefit from the guidance of experienced coaches who tailor instruction to your advanced skill level and personal goals.
- Social Connection: Enjoy a supportive and friendly environment where you can meet new people and forge friendships with fellow tennis enthusiasts.
- Advanced Strategies: Learn advanced strategies and tactics to refine your game and outsmart your opponents.

What to Expect:

- Specialized Equipment: Yellow balls and full-size court for an enhanced learning experience.
- Engage in fun and dynamic sessions with advanced drills, games, and match play, balancing learning and enjoyment.
- Apply new skills and strategies to see real progress, whether aiming for competitive play or personal improvement.

Participants must provide their own racket for this class. All other equipment needed will be provided by the USA Sport Group.