



# SPRING 2018

## Hamilton Lakes

### SWIM & TENNIS CLUB

#### YOUTH TENNIS PROGRAMS

#### **RED BALLERS – AGES 5-8**

- Introduction to the game. Learning eye/hand coordination skills that will help develop tennis game
- Court size 36' x 18'
- Ball is very low compression (red felt)
- Racket Size 23 inches
- Slower balls, smaller court and shorter rackets enable young players to rally and play much sooner
- Developmental classes

#### **ORANGE BALLERS – AGES 8-10**

- Court size 60'x 21'
- Ball is low compression (orange felt)
- Scoring 2 out of 3, 4 game sets using no-ad scoring system
- The court is larger and the ball is faster than the red, but continues to provide an optimal striking zone and the ability to implement better techniques through groundstrokes and volleys
- Begin working on serve techniques
- Introduction to both singles and doubles court positioning
- Working on proper scoring and tennis rules

#### **GREEN BALLERS – AGES 11-13**

- Singles Court size 78' x 27'
- Doubles Court size 78' x 36'
- Ball is 25% slower than a standard tennis ball (green felt)
- Racket size 25-26 inches
- Regular scoring applies
- Use of full court and covering more ground as opposed to the red and orange ball classes. Will start to develop all types of play from baseline rallies to strategies that involve net play
- More footwork drills pertaining to individual match play
- Will develop all types of play
- Work on placement and serves and service returns

#### **YELLOW BALLERS – AGES 13 & UP**

- Court size 78' x 36'
- Ball is a regular yellow ball
- Regular scoring applies
- Use of full court and covering more ground as opposed to the red and orange ball classes. Will start to develop all types of play from baseline rallies to strategies that involve net play
- More footwork drills pertaining to individual match play
- Will develop all types of play
- Work on placement and serves and service returns

#### **CHALLENGER TENNIS ACADEMY – AGES 10-18**

- This academy is geared for the advance junior player from ages 10-18 years of age who are looking to advance their game to the next level of play.
- Practices will include high-paced drills to sharpen all the shots. There will be conditioning exercise along with match play to strengthen the players mental and physical tennis game.
- Each week we will focus on strokes, strategies or any number of issues I feel are needed per student
- Will be taught with purpose, not just play time!
- Fitness will be added to these classes
- This class is designed for a serious approach to improving the student's entire game

MON & WED  
3:15PM - 4:00PM  
APRIL 9 - MAY 23  
\$145 FOR 2X/WEEK\*  
\$80 FOR 1X/WEEK\*  
DROP IN FEE: \$15  
\*T-SHIRT INCLUDED

MON & WED  
4:00PM - 5:00PM  
APRIL 9 - MAY 23  
\$180 FOR 2X/WEEK\*  
\$100 FOR 1X/WEEK\*  
DROP IN FEE: \$20  
\*T-SHIRT INCLUDED

MON & WED  
5:00PM - 6:00PM  
APRIL 9 - MAY 23  
\$180 FOR 2X/WEEK\*  
\$100 FOR 1X/WEEK\*  
DROP IN FEE: \$20  
\*T-SHIRT INCLUDED

MON & WED  
5:00PM - 6:00PM  
APRIL 9 - MAY 23  
\$180 FOR 2X/WEEK\*  
\$100 FOR 1X/WEEK\*  
DROP IN FEE: \$20  
\*T-SHIRT INCLUDED

TUES & THUR  
ORANGE: 4:15-5:15PM  
GREEN/YELLOW: 5:15-6:15PM  
APRIL 10 - MAY 24  
\$180 FOR 2X/WEEK\*  
\$100 FOR 1X/WEEK\*  
DROP IN FEE: \$20  
\*T-SHIRT INCLUDED