

The Yonkers Tennis Center Junior Program utilizes the *Developmental Appropriate Tennis (D.A.T.)* methodology an innovative concept that has its fundamentals born in the development of both adults and juniors.

Our Core Fundamentals

Move 'n' Groove - You will work up a sweat, as well as have a lot of fun in a dynamic learning environment. Footwork essentials will be taught at all levels. Don't be surprised when you're randomly busting a "split/split!"

Command of Contact - You will understand how to send the ball in different directions, utilizes various strokes, as well as a comprehension of swing.

Strategy of Play - We will teach the instinct of point play and competitiveness, what to do in each unique situation, patterns of play, as well as teaching a desire to compete.

Personal Growth - You will constantly be challenged to work on your social interactions, emotional control, technical understanding, and your physical literacy.

"No Strings" September
Starts on Thursday, September 10th-September 30th
4:1 ratio / \$40 per hour / Pay as you Play / No Off Dates / No Makeups
Sign-Up for as many as you want! Contact the front desk to book a flexible appointment!

	Red Ball	Orange Ball	Green Ball	Yellow Ball
Monday	4:00-5:00pm 5:00-6:00pm	4:00-5:00pm	–	5:00-6:00pm
Tuesday	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	–
Wednesday	5:00-6:00pm	5:00-6:00pm	–	–
Thursday	–	4:00-5:00pm	4:00-5:00pm 5:00-6:00pm	–
Friday	–	4:00-5:00pm	5:00-6:00pm	–
Saturday	1:00-2:00pm 2:00-3:00pm	1:00-2:00pm	2:00-3:00pm	3:00-4:00pm

Invitational Squad Program (approval from Coach Vito required)

\$60/1.5 hr	Orange Squad	Green Squad	Jr. Varsity Squad	Varsity Squad
Monday	–	–	–	4:00-5:30pm
Tuesday	5:00-6:30pm	5:00-6:30pm	–	–
Wednesday	–	–	6:00-7:30pm	–
Thursday	–	–	6:00-7:30pm	–
Friday	–	4:00-5:30pm	5:30-7:00pm	–
Saturday	–	–	2:00-3:30pm	–
Sunday	–	–	1:00-2:30pm	2:30-4:30pm