

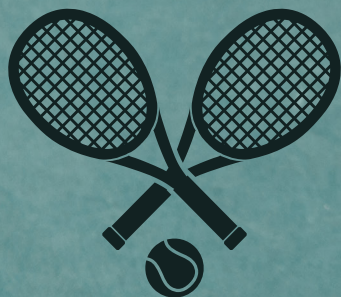
# WOODLAKE

TENNIS | 2022

## Junior Tennis

10-Week Program

August 22 - October 29



5000 Woodlake Village Parkway  
Midlothian, VA 23112  
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woodlakeonline.com

### Woodlake Tennis

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**Register at:**  
woodlakeonline.com

Fall 2022



# WOODLAKE

## Junior Tennis

# 10-Week Program

August 22 - October 29

### Red Ball

**8 years old and under**

Slower ball and smaller court (36') allows players to rally and enjoy the game without being overwhelmed by high bouncing balls and a large court. Shorter and lighter racquets (19-23") help players ability to rally. They will learn basic strokes, grips, footwork, racquet and ball control, while making it fun with games and activities to enhance athletic skills.

#### Red Ball ① 3-5 years old

**Tuesday and Thursday 4:30 pm - 5:00 pm**  
**Saturday, 9:00 am - 9:30 am**

1 Day	\$130 Member	<b>\$180 Non-Member</b>
2 Days	\$260 Member	<b>\$360 Non-Member</b>
3 Days	\$390 Member	<b>\$540 Non-Member</b>

#### Red Ball ② 5-8 years old

**Tuesday and Thursday 5:00 pm - 6:00 pm**  
**Saturday, 9:30 am - 10:30 am**

1 Day	\$200 Member	<b>\$250 Non-Member</b>
2 Days	\$400 Member	<b>\$500 Non-Member</b>
3 Days	\$600 Member	<b>\$750 Non-Member</b>

### Orange Ball

**8-10 years old**

Slightly faster play than Red Ball.  
The court is larger (60") using a standard size net.  
The racquets are also slightly bigger (25" and below).  
We will teach fundamentals including serving and scoring to prepare them for competition.

**Monday and Wednesday 4:30 pm - 5:30 pm**  
**Saturday, 10:30 am - 11:30 am**

1 Day	\$200 Member	<b>\$250 Non-Member</b>
2 Days	\$400 Member	<b>\$500 Non-Member</b>
3 Days	\$600 Member	<b>\$750 Non-Member</b>

### Green Ball

**11 years old and up**

Faster than Orange Ball, with a larger court (78") and larger racquet (25-26") players will use this stage to get comfortable with a faster ball, larger court size and racquets. In this stage they will be working on advanced footwork, rallying progressions and match play to prepare them for competition.

**Monday and Wednesday 5:30 pm - 6:30 pm**  
**Saturday, 11:30 am - 12:30 am**

1 Day	\$200 Member	<b>\$250 Non-Member</b>
2 Days	\$400 Member	<b>\$500 Non-Member</b>
3 Days	\$600 Member	<b>\$750 Non-Member</b>

## Travel Team

The final stage of Red, Orange & Green Ball progression. This group will be focusing on play-based situations and drills. Players will be pushed to understand and master the tactics and knowledge of match play. Players in this group are encouraged to be on the tennis leagues and play in tournaments all year round.

### Travel 1- 12 years old and under

**Tuesday and Thursday 5:30 pm - 7:00 pm**  
**Saturday, 9:00 am - 10:30 am**

1 Day	\$260 Member	<b>\$310 Non-Member</b>
2 Days	\$520 Member	<b>\$620 Non-Member</b>
3 Days	\$780 Member	<b>\$930 Non-Member</b>

### Travel 2 - 13 years old and up

**Monday, Wednesday and Friday**  
**4:00 pm - 5:30 pm**

1 Day	\$260 Member	<b>\$310 Non-Member</b>
2 Days	\$520 Member	<b>\$620 Non-Member</b>
3 Days	\$780 Member	<b>\$930 Non-Member</b>

### Travel 3 - High School Prep

**Monday, Wednesday and Friday**  
**5:30 pm - 7:00 pm**

1 Day	\$260 Member	<b>\$310 Non-Member</b>
2 Days	\$520 Member	<b>\$620 Non-Member</b>
3 Days	\$780 Member	<b>\$930 Non-Member</b>

## High Performance

(Invitation only, contact Rene Mendoza for details.)

**Tuesday and Thursday 4:00 pm - 5:30 pm**  
**Saturday, 10:30 am - 12:00 pm**

1 Day	\$260 Member	<b>\$310 Non-Member</b>
2 Days	\$520 Member	<b>\$620 Non-Member</b>
3 Days	\$780 Member	<b>\$930 Non-Member</b>

