

Junior Instructional and Competition Tennis Program

FALL I SESSION

10 Weeks
Tuesday, September 6 –
Monday, November 14

Open registration: Aug. 16-29

FALL II SESSION

10 Weeks
Tuesday, November 15 –
Monday, January 30
(No Classes Nov. 24-25 and
Dec. 24-Jan. 1; Thu.- Sun.
classes meet 9 weeks)

Re-registration: Oct. 18-24
Open reg.: Oct. 25-Nov. 7

WINTER SESSION

10 Weeks
Tuesday, January 31 –
Monday, April 9

Re-registration: Jan. 3-9
Open registration: Jan. 10-23

SPRING SESSION

10 Weeks
Tuesday, April 10 –
Monday, June 18
(No Classes May 28;
Mon. classes meet 9 weeks)

Re-registration: Mar. 13-19
Open registration: Mar. 20-Apr. 2

Re-registration is for players enrolled in prior session. Open registration is for new participants. Lottery used if necessary.

Junior Instructional Program

The Junior Instructional Program includes seven different class levels; Little Tennis, Levels 6 through 3, as well as Teen 1 and Teen 2 for children between the ages of four and eighteen. The program aims to provide a structured and fun framework for learning from which the student will foster a lasting enjoyment for the game of tennis and a willingness and desire to improve. Contact the Junior Director at (847) 945-1818 ext. 252 for more information.

LITTLE TENNIS (Foam Balls) AGES 4 and 5

Introduce your child to tennis in Midtown's Little Tennis Program. Your son or daughter will learn the basics of tennis with specifically designed equipment and professional instruction assuring your child a positive, successful, and fun experience.

Monday 4:00 p.m. – 4:45 p.m.

Wednesday 4:00 p.m. – 4:45 p.m.

Thursday 12:15 p.m. – 1:00 p.m.

Sunday 12:15 p.m. – 1:00 p.m.

LEVEL 6 BEGINNER (Foam Balls) AGES 5 - 7

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills in the Micro Court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the micro-court (within 10 feet of the net). They will learn adaptive skills that will be the foundation of their future tennis development.

Monday 4:00 p.m. – 5:00 p.m.

Tuesday 4:00 p.m. – 5:00 p.m.

Wednesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

Friday 4:00 p.m. – 5:00 p.m.

Sunday 1:00 p.m. – 2:00 p.m.

LEVEL 5 ADVANCED BEGINNER (Foam Balls) AGES 6 - 8

Children will learn the skills of the mini court. By the end of this program, a child should be able to play mini-tennis using a full or abbreviated serving motion. The children will learn how to move effectively so as to insure good position and balance for each shot. They will be taught how to adapt to different situations and to control a follow-through on both the forehand and the backhand ground strokes.

Monday 4:00 p.m. – 5:00 p.m.

Tuesday 4:00 p.m. – 5:00 p.m.

Wednesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

Friday 4:00 p.m. – 5:00 p.m.

Sunday 1:00 p.m. – 2:00 p.m.

LEVEL 4 INTERMEDIATE (Transition Balls) AGES 7 – 10

Children will learn the basics of tactical play from ¾ court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

Monday 4:00 p.m. – 5:00 p.m.

Tuesday 4:00 p.m. – 5:00 p.m.

Wednesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

Friday 4:00 p.m. – 5:00 p.m.

Sunday 1:00 p.m. – 2:00 p.m.

QUICKSTART ACADEMY ROOKIE (Levels 4 & 3) BY INVITATION ONLY

This is an accelerated program designed to enhance mechanical, strategic and psychological performance. Concepts include improving accuracy and consistency on all tennis strokes. In addition, students will learn the rules of the game and the proper way to play matches.

Monday 4:00 p.m. – 5:00 p.m.

Tuesday 4:00 p.m. – 5:00 p.m.

Wednesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

QUICKSTART ACADEMY PRO (Levels 4 & 3) BY INVITATION ONLY

This accelerated program is a step up from QuickStart Academy Rookie where mechanical and technical skills will be the focus. Accuracy will be emphasized along with strategic play. Players will have a strong understanding on how to conduct a point in a match play setting.

Monday 4:00 p.m. – 5:00 p.m.

Tuesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

QUICKSTART ACADEMY ELITE (Levels 4 & 3) BY INVITATION ONLY

At the top of the QuickStart Academy classes, players will be refining their skills with focus on biomechanics. Advanced concepts pertaining to technique and footwork will be emphasized. Players will have a solid understanding on the mechanical, psychological, and strategic aspects of the game.

Tuesday 5:00 p.m. – 6:30 p.m.

Wednesday 5:00 p.m. – 6:30 p.m.

Thursday 5:00 p.m. – 6:30 p.m.

LEVEL 3 ADVANCED INTERMEDIATE (Transition Balls) AGES 8-12

Children will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

Monday 5:00 p.m. – 6:30 p.m.

Thursday 5:00 p.m. – 6:30 p.m.

Saturday 2:30 p.m. – 4:00 p.m.

Sunday 2:00 p.m. – 3:30 p.m.

TEEN 1 and Teen 2 (Red, Orange, Green and Yellow Balls) AGES 13 - 18

The Teen 1 program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including groundstrokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations. Teen 2 students will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

TEEN 1

Tuesday 4:00 p.m. – 5:00 p.m.

Thursday 4:00 p.m. – 5:00 p.m.

TEEN 2

Thursday 4:00 p.m. – 5:00 p.m.

Sunday 1:00 p.m. – 2:00 p.m.

