

VELOCITY!

Creating tennis players
who love the game for life.



M

MIDTOWN
ATHLETIC CLUB®

TENNIS

STARTS WITH

LOVE

We all hope our child becomes the next Federer or Williams sister, but very few people ever become tennis champions. So while other programs promise to turn your kid into an elite player, we take a different approach.



Velocity builds strong tennis foundations in a child-centric environment that emphasizes love of the sport just as much as skill. So wherever this beautiful game takes them in life, we know they'll enjoy it forever.



WHY DIFFERENT COLORED BALLS?

Many think that playing on full courts with adult equipment will accelerate their child's progress, but it usually does the opposite. Starting with slower balls in smaller spaces encourages stronger techniques, longer rallies, and maximum fun.

VELOCITY ADAPTS

TO YOUR CHILD'S AGE AND SKILL

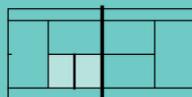
Each level of Velocity progresses through core instructional themes to build strong foundations for growth, while using various court sizes, ball densities, and equipment. No matter where or when your child begins their tennis journey, there's a place for them in this program.



LEVEL 7 (Age 4.5-5)

Controlling body and ball

Court size: Micro Court
Red Ball



LEVEL 6 (Age 5-6)

Controlling body and ball

Court Size: 36'x18'
Red Ball



LEVEL 5 (Age 7-8)

Controlling space

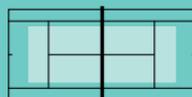
Court Size: 36'x18'
Red Ball



LEVEL 4 (Age 7-9)

Controlling space and time

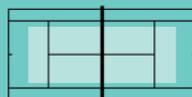
Court Size: 60'x21'
Red-Orange Ball



LEVEL 3 (Age 8-10)

Controlling time

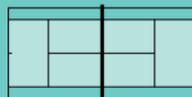
Court Size: 60'x21'
Orange Ball



LEVEL 2 (Age 9-11)

Controlling time and opponent

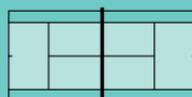
Court Size: 78'x27'
Green Ball



LEVEL 1 (Age 11 & up)

Controlling opponent

Court Size: 78'x27'
Green-Yellow Ball



WE'RE IN IT FOR THE LONG GAME

We don't just teach your child how to serve and hit balls. Instead, we take a foundational approach to development at each level, focusing on four key areas:



Balance, agility, coordination, and court movement.



Use of angles, depth control, and understanding of their opponent's strengths and weaknesses.



Stroke development, reacting and receiving the ball.



Enjoying themselves whether they win or lose.



LEARNING AND PLAYING

AREN'T MUTUALLY EXCLUSIVE

Velocity was built from the ground up with the child at the center of the experience. So while traditional lessons use stagnant “coach-centered” teaching, our kids learn through constant motion, collaboration with peers, and a freedom to experiment through play.

NOT YOUR AVERAGE TENNIS LESSONS

Velocity is a complete tennis program designed from over 50 years of our experience teaching the sport. Our unique approach will not only help your child grow as a tennis player, but also as a well-rounded athlete, competitor, and person.

VELOCITY INCLUDES:



13 weeks of instruction per session

Your child may register for seasonal sessions of 13 weeks, or in some clubs, a split session of 6 and 7 weeks. Class length ranges from 45 minutes to 2 hours, depending on age and level.



Competition in our world tour events

The Velocity World Tour series provides opportunities for competitive play in a safe and supportive environment.



Social growth

Our coaches go out of their way to help your child develop their social skills, by providing plenty of activities that promote cooperation and competition with other kids.



Progress transparency

We know that a clear understanding of your child's growth is very important to you. They will receive regular progress reports with clear recommendations for the next steps of their tennis journey.