



LEVEL 1 – JUNIOR PROGRAM DESCRIPTIONS

Red Ball 1 – For ages 5-8 that are looking to be introduced to the sport. No experience necessary, class focus will be on learning the basics of each stroke. Students will learn to recognize each stroke in a rally situation and be able to set up and swing through the ball with proper technique. Goal is to maintain consistently a 10+ ball rally with other students and learn 8/U scoring options for USTA League.

Orange 1 – For ages 8-10 that are looking to be introduced to the sport. No experience necessary, class focus will be on learning the basics of each stroke. Students will learn to recognize each stroke in a rally situation and be able to set up and swing through the ball with proper technique. Goal is to consistently maintain a 10+ ball rally with other students and learn 10/U scoring options for USTA/ALTA League.

- Hitters Program
- Junior Match Play Days
- Junior Challenge Ladder
- Lessons: 30 min private lessons 1x per week

Green 1 - For ages 10-12 that are looking to be introduced to the sport. No experience necessary, class focus will be on learning the basics of each stroke. Students will learn to recognize each stroke in a rally situation and be able to set up and swing through the ball with proper technique. Goal is to consistently maintain a 10+ ball rally with other students and learn 12/U scoring options for USTA/ALTA League.

- Hitters Program
- Junior Match Play Days
- Junior Challenge Ladder
- Lessons: 30 min-1 Hour private lessons 1x per week

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LEVEL 2 – JUNIOR PROGRAM DESCRIPTIONS

Red Ball 2 – For ages 5-8 that have participated already in Red Ball 1 or have ability to achieve those outlines. Increased knowledge of stroke recognition, maintain 20+ ball rally with other students and recover to appropriate positions on the court after each shot.

- Hitters Program
- Junior Match Play Days
- 8/U USTA League
- USTA Tournaments Level 5/6
- Lessons: 30 min private lessons 1x per week

Orange 2 - For ages 8-10 that have participated already in Orange Ball 1 or Red Ball 2. Increased knowledge of stroke recognition, maintain 20+ ball rally with other students and recover to appropriate positions on the court after each shot. Develop control and recognition of different spins. Learn singles and doubles match-play.

- Hitters Program
- Junior Match Play Days and Junior Challenge Ladder
- 10/U USTA/ALTA League
- USTA Tournaments Level 5/6
- Lessons: 30 min-1 Hour private lessons 1x per week

Green 2 - For ages 9-12 that have participated already in Green Ball 1 or Orange Ball 2. Students should be on USTA/ALTA League teams and able to compete in Level 5/6 tournaments where available. Increased knowledge of stroke recognition, maintain 20+ ball rally with other students and recover to appropriate positions on the court after each shot. Develop control and recognition of different spins. Learn singles and doubles match-play and participate in Junior Challenge Ladder.

- Hitters Program
- Junior Match Play Days and Junior Challenge Ladder
- 12/U USTA/ALTA League
- USTA Tournaments Level 5/6
- Lessons: 1 Hour private lessons 1x per week

Yellow 2 – For ages 13+ that are new to the sport or have some prior experience playing and coming back to playing. Students should be looking to participate in ALTA/USTA team play or play JV High School tennis with the potential to move into Varsity. Group will focus on developing proper technique on strokes and learning match play strategies for singles and doubles. Students should be able to rally 20+ balls with another student.

- Hitters Program
- Junior Challenge Ladder
- 14/U or 18/U USTA/ALTA League
- USTA Tournaments Level 5
- Lessons: 1 Hour private lessons 1x per week

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LEVEL 3 ACADEMY – JUNIOR PROGRAM DESCRIPTIONS

Orange 3 ACADEMY – For ages 7-10 that have participated already in Orange Ball 2. Students should be able to control top-spin and slice, be proficient in grip changes and develop specific patterns of play for match-play purposes. Students should be able to have a 50+ ball rally with other students. Students should be actively involved in monthly USTA tournaments, participate on League teams at appropriate level. Students will also be involved in fitness specific drills as part of curriculum.

- Hitters Program
- Junior Challenge Ladder
- USTA/ALTA League: Appropriate Level Team
- USTA Tournaments Level 4 and higher
- Lessons: 1 Hour private lessons 1x per week

Green 3 - ACADEMY – For ages 9-12 that have participated already in Green Ball 2 or Orange Ball 3 ACADEMY. Students should be able to control top-spin and slice, be proficient in grip changes and develop specific patterns of play for match-play purposes. Students should be able to rally 50+ balls with another student. Students should be actively involved in monthly USTA tournaments and participate on League teams at appropriate level and playing practice sets as part of weekly practice. Students will also be involved in fitness specific drills as part of curriculum.

- Hitters Program
- Junior Challenge Ladder
- USTA/ALTA League: Appropriate level team
- USTA Tournaments Level 4 and higher
- Lessons: 1 Hour private lessons 1x per week

Yellow 3 - ACADEMY– For ages 11+ that are actively playing monthly USTA tournaments and planning on playing High School Varsity tennis. Groups will involve on court conditioning, stroke specific drilling, live ball strategic planning and developing an attacking style game plan. Students should be able to rally 50+ balls with another student.

- Hitters Program
- Junior Challenge Ladder
- USTA/ALTA League: Appropriate age level
- USTA Tournaments Level 4 and higher
- Lessons: 1 Hour private lessons 1x per week

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