



Get Fit, Stay Healthy, Be Safe!

# Junior Tennis | WINTER 2024

**20% Off the Second Class or 30% Off the Third Class Per Person**



**Tennis Director: Taylor Pinchoff**

## U6 Tennis – Ages 4 & 5

This group is on our small court in our multi sports room and uses red balls. Children are introduced to tennis fundamentals and hand eye coordination drills in a fun environment. No makeups provided.

Mon or Fri	4:30-5:30 pm
Tues	5:30-6:30 pm
Sat	10:30-11:30 am
Sun	2:00-3:00 pm

<b>Cost 1 hour for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$185</b>
<b>Program Member</b>	<b>\$194</b>

## U8 Tennis – Ages 6-7

This group is on our small court in the Multi Sports room and uses red balls. Children continue to work on core tennis fundamentals with an introduction to competitive games and point play. No makeups provided.

Mon or Fri	5:30-7:00 pm
Wed or Thurs	4:30-6:00 pm
Sat	9:00-10:30 am & 11:30 am-1:00 pm
Sun	12:30-2:00 pm & 3:00-4:30 pm

<b>Cost 1 1/2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$263</b>
<b>Program Member</b>	<b>\$272</b>

## Junior Tennis Sessions

**Winter 1 (9 weeks)** Jan 8-Mar 10 • **Winter 2 (8 weeks)** Mar 11-May 12 (Omit Mar 25-31)  
**Spring (4 weeks)** May 13-Jun 9 (Omit May 25-27)

### Blended Line Tennis – Ages 8-11

This group will take place on our 60ft tennis courts using orange balls. Students will be introduced to all the strokes of tennis through drills and point play. For both beginners and advanced beginner tennis players. Proficiency on serve and groundstrokes are required to graduate to the next level.

Mon, Tues, Thurs or Fri	4:30-6:30 pm
Wed	5:00-7:00 pm
Sat	11:00 am-1:00 pm & 1:00-3:00 pm 3:00-5:00 pm
Sun	12:30-2:30 pm 2:30-4:30 pm & 4:30-6:30 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### Full Court Progression – Ages 8-11

This group will use the full court lines and green dot balls. Students will continue working on the fundamentals of all strokes with an emphasis on the movement necessary to cover a larger area. Players must be able to hit topspin and maintain the correct technique during point play. Students will begin the preparation to participate in competition. Proficiency on serve from the baseline is required to graduate to the next level. Placement approval required.

Mon, Wed, Thurs, Fri or Sun	4:30-6:30 pm
Sat	1:00-3:00 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### Full Court – Ages 9-12

This group will use the full court lines and yellow balls. This group is a continuation of Full Court Progression for students who are ready to take on the full court with the hard yellow balls. The class will begin to spend time on point development and strategy discussions. Placement approval required.

Mon	4:30-6:30 pm
Wed	5:00-7:00 pm
Sat	11:00 am-1:00 pm
Sun	12:30-2:30 pm & 4:30-6:30 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### Teen Tennis – Ages 12-17

This group is for those teenagers that are new to the game or are advanced beginners. Specific instruction on all strokes will be emphasized. As students progress throughout the session they will learn to rally and strategically play out points.

Mon, Wed or Fri	4:00-6:00 pm
Sat	3:00-5:00 pm
Sun	2:30-4:30 pm & 4:30-6:30 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### High School Prep – Ages 12-17

This class is ideal for intermediate middle to high school aged players looking to play on their school team. This class will introduce conditioning and the skills specifically needed for singles or doubles play. Students must be able to play out a match in practice or a tournament setting in order to register. Placement approval required.

Mon, Tues, Wed, or Thurs	4:30-6:30 pm
Sat	1:00-3:00 pm
Sun	4:30-6:30 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>



### High School Training – Ages 12-17

This group is designed for those students currently playing varsity tennis. Class structure is designed around competitive point play, strategy and footwork. Kids will get the chance to play against a wide range of players with differing styles of play. Focus is on both singles and doubles strategy. Placement approval required.

Mon, Thurs or Fri	4:00-6:00 pm
Sat	1:00-3:00 pm
Sun	2:30-4:30 pm

<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### Doubles Strategy Coached by Marimar Alonso

This two hour program is specifically designed to train high school players on the skills and strategy needed to be a successful high school doubles player. Placement approval required.

Thurs	4:00-6:00 pm
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<b>Cost 2 hours for 9 weeks:</b>	
<b>Fitness Member</b>	<b>\$431</b>
<b>Program Member</b>	<b>\$470</b>

### Jr Competitive Play Information/Events

For more information, contact Marimar Alonso at the following email, [marimar.alonso@att.net](mailto:marimar.alonso@att.net).

### PLEASE NOTE

Recommended ages are listed for each level. Based on a participants skill set, exceptions can be made.

- All makeups are based on availability and are not guaranteed.
- No makeups are provided for the U6 and U8 classes.
- No refunds are provided for missed classes.

To register, please contact Member Services at **248-735-8850 ext. 112** or [nacregisternow@gmail.com](mailto:nacregisternow@gmail.com).



Call 248.735.8850 - Ext. 112 or email at [nacregisternow@gmail.com](mailto:nacregisternow@gmail.com) ■ 42500 Nick Lidstrom Drive, Novi, Michigan 48375 ■ [nacgetfit.com](http://nacgetfit.com)