

## Class description:

**Red Ball**—1 hour, 36' court w/smaller net, 21 or 23" racquet, Age 5—8. The class is designed for juniors 8 and under who have never played or need to work on their skills before advancing. Main emphasis is developing hand-eye coordination, balance, learn all the fundamental strokes through drills and/or skill building games, simple technical (bio-mechanics) fundamentals, build muscle memory, scoring and most of all, have FUN in the process. The **Red Ball** objective to be able to rally with low-compression balls.

**Orange Ball**— 1 hour, 78' court, 23" or 25" racquet, Ages 8-10. This class is designed to build upon the motor skills and athletic capabilities developed in the previous stages, with an emphasis on speed, agility, moving effectively to ensure good positioning and balance for each shot. Continuing to focus on the development of a consistent stroke that becomes the cornerstone of rallying, serving as well as basic tennis strategies, scoring for match play. The **Orange Ball** objective is starting to prepare them for match and tournament play.

**Green Ball**—1 hour, 78' court, 25" to 27" racquet, Ages 9 to 12. This class is designed to refine technical and tactical skills on a full-sized court. The concept of offense and defense in both singles and double will be introduced. Control exercises that improve consistency, direction and depth will be enhanced. The **Green Ball** objective is to ensure a smooth transition to the full game.

**Beginner Teens (Ages 13 & up)** - 1 hour, 78' court. This class is for players 13 and up at the true beginner level. We will work on the basic fundamentals of the game working on serving, rallying and scoring. We will drill from a dead ball feeding as well as putting the student into play based situations. These different situations will help the players develop a strong understanding of the fundamentals of tennis.

Class	Session Time	Day(s)
<b>Red Ball</b> (Ages 5 -8 )	6:15-7:00pm 12:00-12:45pm	Tues & Thurs Saturday
<b>Orange Ball</b> (Ages 9-10)	5:15—6:15pm 1:00—2:00 pm	Tues & Thurs Saturday
<b>Green Ball</b> (Ages 10-12)	4:15—5:15pm 2:00—3:00pm	Tues & Thurs Saturday
<b>Beginner Teens</b> (Ages 13 & up)	11:00-12:00pm	Saturday

Prices:	Day	Club Tennis Member	(Non-Club Member)
<b>SEPTEMBER</b>			
<b>Red Ball</b>	Tues (4)	\$48	\$68
	Thurs (4)	\$48	\$68
	Sat (4)	\$48	\$68
		Drop-in \$14	Drop-in \$19
<b>Orange Ball or Green Ball</b>	Tues (4)	\$68	\$88
	Thurs (4)	\$68	\$88
	Sat (4)	\$68	\$88
<b>Beginner Teens</b>	Sat (4)	\$68	\$88
		Drop-in \$19	Drop-in \$24
<b>OCTOBER</b>			
<b>Red Ball</b>	Tues (4)	\$48	\$68
	Thurs (4)	\$48	\$68
	Sat (4)	\$48	\$68
		Drop-in \$19	Drop-in \$24
<b>Orange Ball or Green Ball</b>	Tues (4)	\$68	\$88
	Thurs (4)	\$68	\$88
	Sat (4)	\$68	\$88
<b>Beginner Teens</b>	Sat (4)	\$68	\$88
		Drop-in \$19	Drop-in \$24
<b>NOVEMBER</b>			
<b>Red Ball</b>	Tues (4)	\$48	\$68
	Thurs (4)	\$48	\$68
	Sat (3)	\$36	\$51
		Drop-in \$16	Drop-in \$19
<b>Orange Ball or Green Ball</b>	Tues (4)	\$68	\$88
	Thurs (4)	\$68	\$88
	Sat (3)	\$51	\$66
<b>Beginner Teens</b>	Sat (3)	\$51	\$66
		Drop-in \$19	Drop-in \$24



# Sept, Oct & Nov FALL Junior Tennis Clinic Schedule

## September

**No Classes— Sept 2nd, 3rd & 4th**

## October

**No classes—Oct 3 1st Halloween**

## November

**No Classes—Nov 22nd, 23rd, 24th, 25th & 26th**



Reserve your spot today.  
Call 804-763-6006

Email: [info@midlothiantennis.com](mailto:info@midlothiantennis.com)



### Class description:

**Academy Program** —The academy program is designed to train players who are playing competitive tennis. This could be USTA junior team tennis, USTA junior tournaments (etc). These players will excel at tennis through hard work and dedication to the program. The academy will work on all aspects of tennis through hand feeding, basket feeding as well as live ball drills. We will focus on different situations players may find themselves in during a match or match play During the session players can take advantage of video analysis. This is a great way for instant feedback on a player's development and progress.

**Advanced Teens Program** — This class is offered to players who's goal is to play competitive tennis and on their high school team. We will focus on singles and doubles strategy and tennis fitness as well as the different situations players find themselves in during matches.

Class	Session Time	Day(s)
Academy Program	4:30—6:00pm	Monday & Wednesday
Advanced Teens	2:30—4:00pm	Sunday
High School	2:45-4:15pm	Tuesday & Thursday



Prices:	Day	Club Tennis Member	(Non-Club Member)
<b>SEPTEMBER</b>			
<b>Academy</b>	Mon (3)	\$77	\$92
	Wed (4)	\$102	\$122
<b>Advanced Teens</b>	Sun (3)	\$77	\$92
<b>High School</b>	Tues (4)	\$102	\$122
	Thurs (4)	\$102	\$122
		Drop-in \$29	Drop-in \$34
<b>OCTOBER</b>			
<b>Academy</b>	Mon (5)	\$128	\$153
	Wed (4)	\$102	\$122
<b>Advanced Teens</b>	Sun (5)	\$128	\$153
<b>High School</b>	Tues (4)	\$102	\$122
	Thurs (4)	\$102	\$122
		Drop-in \$29	Drop-in \$34
<b>NOVEMBER</b>			
<b>Academy</b>	Mon (4)	\$102	\$122
	Wed (4)	\$102	\$122
<b>Advanced Teens</b>	Sun (3)	\$77	\$92
<b>High School</b>	Tues (4)	\$102	\$122
	Thurs (4)	\$102	\$122
		Drop-in \$29	Drop-in \$34



### What to expect -

Our experienced coaching staff has a passion for teaching with a gift of unlocking the true potential within a player. We pride ourselves in being a leader in the area with the most systematic and progressive teaching methods within a refreshingly, positive instruction environment. Our aim is to improve the quality of the players' performance one workout at a time, maintain a maximum of 6:1 instructor ratio, all within an unparalleled experience of excellence. Our classes incorporate a variety of tennis drills, skill-building games, conditioning and other teaching methods to build solid tennis skills, create a positive self-image, and encourage good sportsmanship and teamwork.

**Front Desk: 804-763-6006**

**E-mail: [info@midlothiantennis.com](mailto:info@midlothiantennis.com)**

**Website:  
[www.midlothiantennis.com](http://www.midlothiantennis.com)**

**Midlothian Tennis Club  
3650 Brandermill Parkway  
Midlothian, VA 23112**

