

MTC JUNIOR TENNIS CLINICS SCHEDULE: NOVEMBER



CLASS	DAY	TIME	# OF CLASSES IN A MONTH	MEMBER	NON MEMBER
TINY TOTS (AGES 3-5)	WEDNESDAY	4:00 - 4:30 PM	4	\$40	\$72
	SATURDAY	11:00 - 11:30 AM	3	\$30	\$54
RED BALL (AGES 5-8)	MONDAY	4:30 - 5:00 PM	3	\$30	\$54
	WEDNESDAY	4:30 - 5:00 PM	4	\$40	\$72
	SATURDAY	11:30 - 12:00 PM	3	\$30	\$54
ORANGE BALL (AGES 8-10)	MONDAY	5:00 - 6:00 PM	3	\$60	\$84
	WEDNESDAY	5:00 - 6:00 PM	4	\$80	\$112
	SATURDAY	12:00 - 1:00 PM	3	\$60	\$84
GREEN BALL (AGES 10-12)	MONDAY	6:00 - 7:00 PM	3	\$60	\$84
	WEDNESDAY	6:00 - 7:00 PM	4	\$80	\$112
	SATURDAY	1:00 - 2:00 PM	3	\$60	\$84
BEGINNER TEENS (AGES 13+)	SATURDAY	2:00 - 3:00 PM	3	\$60	\$84
ADVANCED TEENS (AGES 13+)	SATURDAY	3:00 - 4:00 PM	3	\$60	\$84
HIGH SCHOOL PREP (AGES 13+)	SATURDAY	4:00 - 5:30 PM	3	\$60	\$84

DROP IN RATES

	TIME	MEMBER	NON MEMBER
TINY TOTS/RED	- 30 MINUTES	- \$12	- \$20
ORANGE/GREEN/TEENS	- 1 HOUR	- \$22	- \$30
HIGH SCHOOL PREP	- 1.5 HOURS	- \$32	- \$40



**NO CLINICS
DURING
THANKSGIVING
WEEK**

CONTACT INFORMATION:

FRONT DESK · 804.763.6006

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TINY TOTS (AGES 3-5) 30 MIN CLASS

36' COURT W/SMALLER NETS
21" OR 23" RACQUETS

DESIGNED FOR JUNIORS WHO HAVE NEVER PLAYED. OUR EMPHASIS IS PROVIDING KIDS WITH FUN ACTIVITIES WHILE LEARNING THE BASIC SKILLS OF TENNIS. WE WILL FOCUS ON DEVELOPING HAND-EYE COORDINATION, BALANCE, AND BASIC STROKES.

RED BALL (AGES 5-8) - 30 MIN CLASS

36' COURT W/SMALLER NETS
21" OR 23" RACQUETS

FUN ACTIVITIES TO INCREASE MOVEMENT, BALANCE, COORDINATION, AND MOTOR SKILLS DEVELOPMENT. WE WORK ON ALL SHOTS IN TENNIS TO GET CHILDREN READY TO SERVE, RALLY, AND SCORE ON A 36' COURT.

ORANGE BALL (AGES 9-10) - 1 HOUR CLASS

78' COURT W/SMALLER NETS
23" OR 25" RACQUETS

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 FOR MATCH PLAY.

GREEN BALL (AGES 10-12) - 1 HOUR CLASS

78' COURT - 25" TO 27" RACQUETS

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 DOUBLES WILL BE INTRODUCED. CONTROL EXERCISES THAT IMPROVE CONSISTENCY, DIRECTION, AND DEPTH WILL BE ENHANCED.

BEGINNER TEENS (AGES 13 & UP) - 1 HOUR CLASS

78' COURT

THIS CLASS IS FOR PLAYERS 13 & 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 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.

ADVANCED TEENS (AGES 13 & UP) - 1 HOUR CLASS

78' COURT

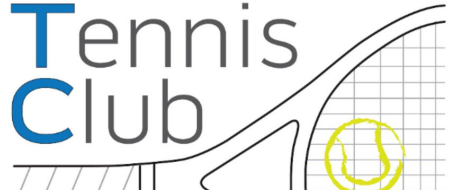
THIS CLASS IS OFFERED TO PLAYERS WHOSE GOAL IS TO PLAY COMPETITIVE TENNIS. WE WILL FOCUS ON SINGLES AND DOUBLES STRATEGY AND TENNIS FITNESS, AS WELL AS THE DIFFERENT SITUATIONS PLAYERS FIND THEMSELVES IN DURING MATCH PLAY.

HIGH SCHOOL PREP (AGES 13 & UP) - 1.5 HOUR CLASS

78' COURT

THIS CLASS IS OFFERED TO CURRENT HIGH SCHOOL STUDENTS WHO ARE CURRENTLY TRYING OUT FOR THE JUNIOR VARSITY TEAM. WE WILL FOCUS ON SINGLES AND DOUBLES STRATEGY, TENNIS FITNESS, AND SITUATIONS PLAYERS WILL FIND THEMSELVES IN DURING MATCH PLAY. WE WILL WORK ON TIEBREAKS, HOLDING SERVE, SERVE AND VOLLEY, AND RETURNING.

**Midlothian
Tennis
Club**



Where friends and family play

**MTC
JUNIOR
TENNIS
CLINICS**

NOVEMBER