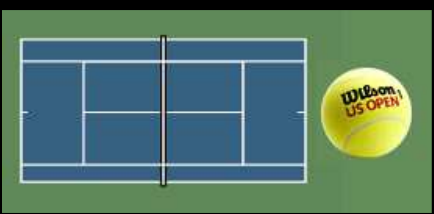
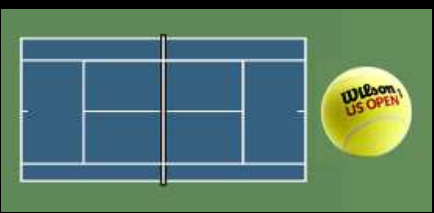


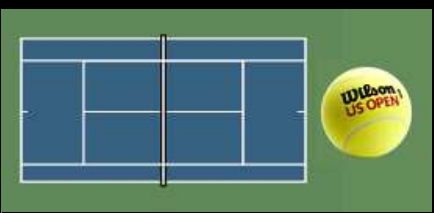
Dewitt Tennis Center – Junior Lesson Programs – **Grades K-6**

Court & Ball	Description		
QuickStart age 4-K: (Age 4-grade K)		Session 3	Session 4
	<p>This class uses the USTA “QuickStart” format where players play on a 36’ x 18” court with foam balls. These balls bounces <u>75% less</u> than a regular ball. The goal of this class is to introduce hand-eye and tracking skills for future success.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)
		Tues 6-6:45 pm	Tues 6-6:45 pm
		Sat 8:15-9 am	Sat 8:15-9 am
QuickStart 1-2: (Grades 1-2)		Session 3	Session 4
	<p>This class plays on the same 36’ x 18’ court but the balls switches to low compression felt ball (red ball). These balls also bounces <u>75% less</u> than a regular ball. The goal of this class is to teach “rallying” skills.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)
		Tue 6-7 pm	Tue 6-7 pm
		Sat 9-10 am	Sat 9-10 am
QuickStart 3-4: (Grades 3-4)		Session 3	Session 4
	<p>This class now progresses to a 60’ x 21’ court with regular-sized low compression balls (orange ball). This ball bounces <u>50% less</u> than a regular ball. The goal of this class is to build on player’s “rallying” skills.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)
		Tues 6-7:30 pm	Tues 6-7:30 pm
		Sat 8:30-10 am	Sat 8:30-10 am
QuickStart 5-6: (Grades 5-6)		Session 3	Session 4
	<p>This class now progresses to a regular 78’ court, but with a “green dot ball.” These balls bounces <u>25% less</u> than a regular ball. These players are preparing to move out of the QuickStart program into traditional tennis in grades 7 & 8.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)
		Tues 6-7:30 pm	Tues 6-7:30 pm
		Sat 10-11:30 am	Sat 10-11:30 am

Scroll to next page for Grades 7-12 info

Tournament Rookies: (Grades 7-8)		Session 3	Session 4	
	<p>The main goal of this class is to prepare players for their high school tennis teams. Drills are used to create match-like scenarios. Players are encouraged to fix any technical deficiencies before they enter high school.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)	
		Thur 6-8 pm	Thur 4-6 pm	
		Sat 10-11:30 am	Sat 10-11:30 am	
Tournament Elite: (Grades 9-12)		Session 3	Session 4	
	<p>These players must have experience on their high school JV or varsity team. The main goal of this class is to provide an intense drill experience with expert instruction with the best junior players in the area.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)	
		Offered six times this session		Offered three times this session
		Mon 4-6 pm	Mon 4-6 pm	
		Wed 4-6 pm		
		Thurs 4-6 pm	Wed 4-6 pm	
		Thurs 6-8 pm – doubles emphasis		
Sat 11:30-1 pm	Sat 11:30-1 pm			
Sat 1-3 pm				

SERVE CLASS - for Grades 7-12

Serve Class: (Grades 7-12)		Session 3	Session 4	
	<p>This class uses video analysis to help teach the proper serve technique and then moves on to proper serving strategy. This class will be highly technical and is designed for players that want to take their serve to the next level.</p>	Jan 2 - Mar 10: (10 wks)	Mar 19 - June 2 (11 wks)	
		Offered three times this session		Offered three times this session
		Tues 6-7 pm	Tues 6-7 pm	
		Tues 7-8 pm	Tues 7-8 pm	
Sat 9-10 am	Sat 9-10 am			