



## 10 & Under Spring 2019 Session I: March 4 - May 4 ( 8 weeks)

### PEE WEE TENNIS

**Tuesdays 5:30-6:15 p.m./Thursdays 5:30-6:15 p.m./Saturdays 9:00-9:45 a.m.**

Open to kids 4-5. Pee Wee Tennis is a fun class with simple tasks and games to get the kids familiar with the racquet, ball, movements, and strokes. We utilize the "Tennis Whiz" philosophy to be a complete pre-school tennis program that fosters the healthy mental, physical, and emotional growth for our youngest players. Kids will learn basic motor skills, racquet handling and control, hitting and basic strokes, social skills, and early literacy skills

**Member: 1x per week: \$90.00 / 2x per week: \$153.00      Non-member: 1x per week: \$120.00 / 2x per week: \$204.00**

### RED BALL 1, 2 TENNIS

**Tuesdays 5:30-6:15 p.m./Thursdays 5:30-6:15 p.m./Saturdays 10-11 a.m.**

Open to kids ages 6 to 8. At this level, the main focus is for players to serve, rally, and score as soon as possible. In Red 1, beginning players will learn to serve with a simple action, how to track and move to the ball, build on balance and coordination skills, use simple stroking motion, build a rally, keep score and learn basic rules. Red 2 is for intermediate players. They will learn to refine their serve, judge ball depth & direction, use basic footwork skills, refine ground strokes, change direction of the ball, move to the net, volley, score a tiebreak, and know rules of the game.

**Member: 1x per week: \$120.00 / 2x per week: \$204.00      Non-member: 1x per week: \$160.00 / 2x per week: \$272.00**

### ORANGE 1,2 TENNIS

**Mondays 6:00-7:00 p.m. /Wednesdays 6:00-7:00 p.m./Saturdays 11-12 p.m.**

Open to kids 8-10. Orange players will learn to refine the serve to increase direction & speed, track the faster moving ball, increase movement speed, coordination, and balance. They will also learn to increase spin and speed on ground strokes to move the opponent, learn court awareness as they link shots into patterns of play and on approach shot and volley using sound patterns and technique. Play is on an official USTA 60' court.

**Member: 1x per week: \$120.00 / 2x per week: \$204.00      Non-member: 1x per week: \$160.00 / 2x per week: \$272.00**

### ORANGE ELITE TENNIS

**Mondays 5:00-6:30 p.m. / Wednesdays 5:00-6:30 p.m.**

Entrance into this class is by evaluation only. Please contact Renee Hand (810) 577-6259 to set up an evaluation. For kids 8-10 who are serious tennis players participating in USTA tournaments and Jr. Tennis events. These players will be challenged as they learn to use the serve as a "weapon" keeping the returner back. Learn to: master complex coordination & balance; anticipate opponent's position by watching swing shape; take time away from opponent & using patterns to play effectively; be aggressive at the net and good decision making.

**Member: 1x per week: \$180.00 / 2x per week: \$306.00      Non-member: 1x per week: \$240.00 / 2x per week: \$408.00**

### GREEN DOT TENNIS

**Tuesdays 6:30-8:00 p.m. / Thursdays 6:30-8:00 p.m.**

Open to kids 9-12 years old. Players will refine their strokes. They will learn: better shot selection; more dynamic footwork patterns; and an understanding of offensive & defensive situations. Players will also be taught how to identify the strengths and weaknesses of their opponents. Play will be on an official USTA full-sized (78') court with lower compression balls.

**Member: 1x per week: \$180.00 / 2x per week: \$306.00      Non-Member: 1x per week: \$240.00 / 2x per week: \$408.00**

### GREEN ELITE TENNIS

**Mondays 6:30-8:00 p.m. / Wednesdays 6:30-8:00 p.m.**

Entrance into this class is by evaluation only. Please contact Renee Hand (810) 577-6259 to set up an evaluation. For kids 8-12 who are serious tennis players participating in USTA tournaments and Jr. Tennis events. These players will learn to use both first and second serves with depth & direction to move the opponent; use the combination of height & depth on groundstrokes to force opponents back; defend with a variety of shots when out of position & against net players; master a greater range of net skills; and develop court presence.

**Member: 1x per week: \$180.00 / 2x per week: \$306.00      Non-Member: 1x per week: \$240.00 / 2x per week: \$408.00**

**SEE REVERSE SIDE BOTTOM FOR IMPORTANT PROGRAM NOTES & INFORMATION**



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at [www.AscensionGenesysHealthClub.com](http://www.AscensionGenesysHealthClub.com)!