



2017 SPRING TENNIS ACTIVITY GUIDE



For Additional Information Contact:
Tennis@NortonPines.com

Youth Tennis

Little Stars

Little Stars is a great way to introduce the game of tennis to your child. This class is for children brand new to tennis. The focus of this class is movement, coordination skills needed to play tennis, and of course to have FUN! Players will move up to the next class based on coach recommendation. Ages 3-5 years old.

March/April Session

Tuesdays (6 week program), 4:00pm-4:30pm; \$30 members, \$37.50 nonmembers

****One week free to allow for Spring Break****

May Session

Tuesdays (5 week program), 4:00pm-4:30pm; \$30 members, \$37.50 nonmembers

Red Stars

This class teaches children how to build a rally first, then how to play tennis through simple tactics and technical instruction. The emphasis in this class will be on the rally. This class will be using RED balls on a 36' court. Players will move up with Pro recommendation and evaluation. Ages 5-7 years old.

March/April Session

Tuesdays (6 week program), 4:30pm-5:00pm; \$30 members, \$37.50 nonmembers

****One week free to allow for Spring Break****

May Session

Tuesdays (5 week program), 4:30pm-5:00pm; \$30 members, \$37.50 nonmembers

Youth Tennis

Orange Stars

Orange level is a great transition from playing on a 36' court to a 60' court. This level is taught on a larger court with an orange, low-compression tennis ball. Players will begin to learn how to play all areas of the court by coming to the net and learning how to attack and defend. Players will move up to the next class based on coach recommendation. Ages 7-9 years old.

March/April Session

Tuesdays (6 week program), 5:00pm-5:45pm; \$60 members, \$75 nonmembers

****One week free to allow for Spring Break****

May Session

Tuesdays (5 week program), 5:00pm-5:45pm; \$60 members, \$75 nonmembers

Green Stars

Green level is played on a 60' court with green dot balls that are 25% slower than standard yellow tennis balls. Players will continue to build on their technical skills, while learning to understand tactics and decision making from different areas of the court based upon their position. The emphasis in green will be court coverage, decision making, and tactics. This will allow players to move to the faster yellow balls with success, while developing serving skills and to eventually feel comfortable playing on a full-sized court. Players will move up to High School Drills based on coach recommendation. Ages 9-13 years old.

March/April Session

Tuesdays (6 week program), 5:45pm-6:45pm; \$60 members, \$75 nonmembers

****One week free to allow for Spring Break****

May Session

Tuesdays (5 week program), 5:45pm-6:45pm; \$60 members, \$75 nonmembers

Junior Tennis

High School Drills

High school drills will promote proper stroke development with an emphasis on singles and doubles tactics. Players at this level have limited competitive experience in USTA tournaments, high school varsity tennis and are looking to increase their level of play. Pro will provide on court instruction and strategic patterns.

March Session

Mondays (4 week program) 4:30pm-6:00pm; \$64 members, \$80 nonmembers

April Session

Mondays (4 week program) 4:30pm-6:00pm; \$48 members, \$60 nonmembers

****One week free to allow for Spring Break****

May Session

Mondays (5 week program) 4:30pm-6:00pm; \$76 members, \$100 nonmembers

Saturday Match Play

Saturdays Beginning January 7th, 10:00 am-12:00 pm

Players will play singles and doubles matches to learn how to handle pressure situations and maintain a competitive edge. Match play will focus on a tournament/match atmosphere. Singles and doubles fundamentals will be stressed. The group will focus on match strategy and shot selection.

Saturdays 10:00am-12:00pm; \$12 members or \$25 nonmembers. Sign up by 5:00pm Friday before the class by emailing tennis@nortonpines.com with your name and phone number or calling the business office.

\$12 for all non-members enrolled in other monthly programming.

Junior Tennis

Elite Junior Drills

Elite is our highest level junior drill class. This class will cover advanced technique and tactics to execute strategies for singles and doubles. All players in the class should have a USTA district ranking and/or be playing at a high level of High School Varsity Tennis. Players should be fundamentally sound with stroke production as the focus of this level is the ability to apply and execute tactics and strategies. Approval is required to gain entrance into Elite.

March Session

Mondays (4 week program), 6:30pm-8:00pm; \$64 members, \$80 nonmembers

Thursdays (5 week program), 6:30pm-8:00pm; \$76members,\$100 nonmembers

April Session

Mondays (4 week program), 6:30pm-8:00pm; \$48 members, \$60 nonmembers

Thursdays (4 week program), 6:30pm-8:00pm; \$48 members, \$60 nonmembers

****One week free to allow for Spring Break****

May Session

Mondays (5 week program), 6:30pm-8:00pm; \$76 members, \$100 nonmembers

Thursdays (4 week program), 6:30pm-8:00pm; \$64 member, \$80 nonmember

Adult Tennis

All Adult Tennis Drills registration will be daily registration, versus monthly registration, for Members and Non-Members, in an effort to increase participation.

Women's Drill, on Mondays @12:00PM, will be \$12.00M and \$20.00NM per class.

Adult Intermediate Drills, on Tuesdays @ 8:00PM, will be \$10.00M and \$18.00NM per class.

Extreme Cardio, on Thursdays @ 6:00PM, will be \$12.00M and \$20.00NM per class.

Cardio Tennis, on Fridays and Saturdays @ 9:00AM, will be \$7.00M and \$13.00NM per class.

****Must register 24 hours in advance for ALL drills. Drop-ins the day of will not be allowed to participate in the class.**

****Payment must be taken the day of registration.**

Contact Melissa to register for your classes

231.798.7173

tennis@nortonpines.com

Adult Tennis

3.0/3.5 Women's Drills Mondays

Women's Drills is an hour-and-a-half group lesson consisting of point-based games that will challenge each individual on improving singles and doubles strategy. Drills are also intended to familiarize a player's technique on becoming more of a consistent shot maker. We must have a minimum of 4-5 players to hold class.

Adult Intermediate Drills Tuesdays

This is an awesome instructional class working on all aspects of your game, especially the fundamentals. If you have taken Beginners Tennis or are a little "rusty," this is the class for you. You will work on advanced strokes and strategy in singles and doubles matchplay. This class is recommended for the player who has some playing experience and knowledge of positions and strategies for singles and doubles. This is a great class if you desire an instruction-based class focusing on improving your fundamentals.



CARDIO TENNIS

HEART PUMPING FITNESS

Cardio tennis is first and foremost a fitness program. It is more about getting people active and moving and less about technical forehands and backhands. A cardio tennis class will elevate a person's heart rate into their aerobic zone. The pro will challenge your ability and fitness level.

- *It is more fun than working out on a machine or doing a fitness activity.*
- *You get short cycles of high-intensity workouts combined with periods of rest, almost like interval training.*

Extreme Cardio: Thursdays * New Night* 6:00pm-7:30pm

(Must PRE-REGISTER for session 24 HOURS IN ADVANCE)

Thursdays 6:00pm-7:30pm

Must have 6 participants pre-registered to run a class.

Those pre-registered will be emailed if class is cancelled due to low participation.

Cardio Tennis: Fridays and Saturdays

\$7 member, \$13 nonmember. Must PRE-REGISTER 24 hours in advance of each class by emailing tennis@nortonpines.com with your name and phone number.

Fridays 9:00am –10:00am; Must have 6 participants pre-registered to run class

Saturdays 9:00am –10:00am; Must have 6 participants pre-registered to run class

Those pre-registered will be emailed if class is cancelled due to low participation