



# 2017 SPRING TENNIS ACTIVITY GUIDE



**For Additional Information Contact:**  
[Tennis@NortonPines.com](mailto:Tennis@NortonPines.com)

# May 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.

### 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.

### May Session

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

## 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.

### May Session

**Tuesdays (5 week program), 5:00pm-5:45pm; \$48 members, \$60 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.

### May Session

**Tuesdays (5 week program), 5:45pm-6:45pm; \$48 members, \$60 nonmembers**

**LOOK FOR OUR SUMMER PACKET TO COME OUT IN LATE MAY**

REGISTER FOR TENNIS BY EMAILING [TENNIS@NORTNPINES.COM](mailto:TENNIS@NORTNPINES.COM) or calling JEN or MELISSA at 231-798-7173

# 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.

### **May Session**

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

## **Elite Drills (coach try out required)**

### **May Session**

**Thursdays 6:30-8:00 pm (register each week) 4 player minimum needed to hold class. M \$16 NM \$20 per class**

# Adult Tennis

---

## **3.0/3.5 Women's Drills May**

**Tuesdays 9:00-10:30 am**

**M \$12**

**NM \$20**

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. Participants must be registered by emailing [tennis@nortonpines.com](mailto:tennis@nortonpines.com).

# Adult Tennis

---

## May Adult Intermediate Drills

### Tuesdays 8:00-9:00 pm

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.

Register for Intermediate Drills by emailing [tennis@nortonpines.com](mailto:tennis@nortonpines.com). Non registered players will be charged a \$10 late fee.

M \$10

NM \$18



# 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 6:00pm-7:30pm**

Must REGISTER for class by emailing [tennis@nortonpines.com](mailto:tennis@nortonpines.com)

Participants not registered will be charged a \$10 late fee

*Must have 6 participants registered to run a class.*

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

M \$12

NM \$20