



2016 FALL TENNIS ACTIVITY GUIDE



For Additional Information Contact:
Tennis@NortonPines.com

Youth Fall 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.

September Session

Tuesdays (4 week program), 4:00pm-4:30pm; \$24 members, \$30 nonmembers

October Session

Tuesdays (4 week program), 4:00pm-4:30pm; \$24 members, \$30 nonmembers

November Session

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

December Session

Tuesdays (4 week program), 4:00pm-4:30pm; \$24 members, \$30 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.

September Session

Tuesdays (4 week program), 4:30pm-5:00pm; \$24 members, \$30 nonmembers

October Session

Tuesdays (4 week program), 4:30pm-5:00pm; \$24 members, \$30 nonmembers

November Session

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

December Session

Tuesdays (4 week program), 4:30pm-5:00pm; \$24 members, \$30 nonmembers

Youth Fall 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.

September Session

Tuesdays (4 week program), 5:00pm-5:45pm; \$48 members, \$60 nonmembers

October Session

Tuesdays (4 week program), 5:00pm-5:45pm; \$48 members, \$60 nonmembers

November Session

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

December Session

Tuesdays (4 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.

September Session

Tuesdays (4 week program), 5:45pm-6:45pm; \$48 members, \$60 nonmembers

October Session

Tuesdays (4 week program), 5:45pm-6:45pm; \$48 members, \$60 nonmembers

November Session

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

December Session

Tuesdays (4 week program), 5:45pm-6:45pm; \$48 members, \$60 nonmembers

Youth Fall Tennis

Junior Cardio Tennis (kids and young adults under 18 years old)

PRE-REGISTER for class by emailing tennis@nortonpines.com with your name and phone number or calling the business office at 231-798-7173. PRE-REGISTER 24 hours in advance of each class.

September Session

Wednesdays (4 week program), 5:00pm-6:00pm; \$7 members, \$13 nonmembers PER CLASS

October Session

Wednesdays (4 week program), 5:00pm-6:00pm; \$7 members, \$13 nonmembers PER CLASS

November Session

Wednesdays (5 week program), 5:00pm-6:00pm; \$7 members, \$13 nonmembers PER CLASS

December Session

Wednesdays (3 week program), 5:00pm-6:00pm; \$7 members, \$13 nonmembers PER CLASS

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.

September Session (Begins September 8th)

Mondays (3 week program) 4:30pm-6:00pm; \$48 members, \$60 nonmembers

October Session

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

November Session

Mondays (4 week program) 4:30pm-6:00pm; \$64 members, \$80 nonmembers (Club closed on Thursday, November 24)

December Session

Mondays (3 week program) 4:30pm-6:00pm; \$48 members, \$60 nonmembers

Saturday Match Play

Saturdays Beginning October 15th, 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 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.

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.

September Session (Class begins Monday, September 12)

Mondays (3 week program), 6:30pm-8:00pm; \$48 members, \$60 nonmembers

October Session

Mondays (4 week program), 6:30pm-8:00pm; \$64 members, \$80 nonmembers (NO CLASS on Monday, October 31)

November Session

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

Thursdays (3 week program), 6:30pm-8:00pm; \$48 members, \$60 nonmembers (Club is closed on Thursday, November 24)

December Session

Mondays (3 week program), 6:30pm-8:00pm; \$48 members, \$60 nonmembers (NO CLASS on Monday, December 26)

Thursdays (4 week program), 6:30pm-8:00pm; \$64 members, \$80 nonmembers (NO CLASS on Thursday, December 29)

Adult Tennis

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.

Class will meet on Court 5 from 8:00pm-9:00 pm on Tuesdays

September Tuesdays (4 week program) 8:00pm-9:00pm; \$40 members, \$65 nonmembers

October Tuesdays (4 week program) 8:00pm-9:00pm; \$40 members, \$65 nonmembers

November Tuesdays (5 week program) 8:00pm-9:00pm; \$50 members, \$82 nonmembers

December Tuesdays (4 week program) 8:00pm-9:00pm; \$40 members, \$65 nonmembers

All Drill participants must PRE-REGISTER 24 hours in advance of first class.

PRE-REGISTER by emailing tennis@nortonpines with your name and phone number or calling Melissa in the business office.

If you have not PRE-REGISTERED 24 hours in advance, a \$10 late fee will be applied to all member and nonmember participants.

Adult Tennis

3.0/3.5 Women's Travel Team Drills

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.

September Session (Class begins Monday, September 12)

Mondays (3 week program), 12:00pm-1:30pm; \$36 members, \$54 nonmembers

October Session

Mondays (5 week program), 12:00pm-1:30pm; \$60 members, \$90 nonmembers

November Session

Mondays (4 week program), 12:00pm-1:30pm; \$48 members, \$72 nonmembers

December Session

**Mondays (4 week program), 12:00pm-1:30pm; \$48 members, \$72 nonmembers
(Members can drop in for \$15 per class)**

Working Women's Drills

Working Women's Drills is an hour-and-a-half night group that will provide drills and point play to women who are unable to attend daytime drills due to work conflicts. This class is offered once a week and will consist of a competitive atmosphere with an emphasis on consistent doubles play. Players should be technically and physically capable of playing at a strong level!

September Session

Wednesdays (4 week program), 6:00pm-7:30pm; \$48 members, \$72 nonmembers

October Session

Wednesdays (4 week program), 6:00pm-7:30pm; \$48 members, \$72 nonmembers

November Session

Wednesday (5 week program), 6:00pm-7:30pm; \$60 members, \$90 nonmembers

December Session

**Wednesday (4 week program), 6:00pm-7:30pm; \$48 members, \$72 nonmembers
(Members can drop in for \$15 per class)**

Adult Tennis

energy to carry you through

Women's Drills

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 strategies. Drills are also intended to familiarize a player's technique on becoming more of a consistent shot maker. These drills will mainly focus on point play. We must have a minimum of 4-5 players to hold class.

September Session (Begins September 8th)

Thursdays (4 week program), 10:00am-11:30am; \$48 members, \$72 nonmembers

October Session

Thursdays (4 week program), 10:00am-11:30am; \$48 members, \$72 nonmembers

November Session

Thursdays (3 week program), 10:00am-11:30am; \$36 members, \$54 nonmembers

December Session

Thursdays (4 week program), 10:00am-11:30am; \$48 members, \$72 nonmembers
(Members can drop in for \$15 per class)



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 OF FIRST CLASS EACH MONTH. A \$10 late fee will be applied to all **late** registrations.)

Thursdays 6:00pm-7:30pm

The minimum NTRP is a 3.5 as this class does advanced drills/games and is geared towards an advanced tennis player.

September Session (5 classes, begins Thursday, September 1); \$60 member, \$93.75 nonmember *no walk on

October Session (4 classes); \$48 member, \$75 nonmember * no walk on

November Session (3 classes); \$36 member, \$56 nonmember * no walk on (Club is closed on Thursday, November 24)

December Session (4 classes); \$48 member, \$75 nonmember * no walk on (No class on Thursday, December 29)

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.

\$5 late fee for those players who do not PRE-REGISTER 24 hours in advance or walk on.

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