



Bethel Park Tennis

Est. 1983

Winter 2011 – 2012 Junior Development Tennis Programs



Juniors Levels 3.0, 3.5, 4.0, 4.5, 5.0 and 5.5 Clinics

Session C Jan. 16 – April 15, 2012

12 Weeks – Indoor

No Clinics 4/2– 4/8/12 (Clinics Resume 4/9/12)

LEVEL 3 INTERMEDIATE (Orange-Transition Balls) AGES 7 – 10

Children will learn the basics of tactical play from the 60' court for both singles and doubles. Swing rhythm on the forehands and backhands will be emphasized. The children will be introduced to topspin and will learn how to differentiate between a volley action and a ground stroke action. A variety of serve progressions will be taught and the serve and return of serve will be covered in each class.

Level 3 Teen 2 INTERMEDIATE (Red, Green and Yellow Balls) AGES 10 - 13

Students will experience the 5 play situations and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

SCHEDULE OF CLASSES:

Monday/Tuesday/Friday 4:30 – 6:00 p.m., Saturday/Sunday 2:00 – 3:30

LEVEL 3.5 ADVANCED INTERMEDIATE (Orange-Transition Balls) AGES 8-12

Children will experience the 5 play situations on the 60' court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

SCHEDULE OF CLASSES:

Tuesday/Wednesday/Friday 5:00 – 7:00 p.m., Sunday 2:00 – 4:00 p.m.

LEVEL 3.5 ADVANCED (Green and Yellow Balls) AGES 9 - 14

Children will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the 5 play situations will be planned in the curriculum. This is the final development stage before the children enter the Junior Competitive Program.

SCHEDULE OF CLASSES:

Tuesday/Wednesday/Friday 5:00 – 7:00 p.m., Sunday 2:00 – 4:00 p.m.

LEVEL 4 (Aspiring Tournament Player) AGES 10-18

Improve stroke mechanics and consistency, footwork and anticipation. Learn sound match play tactics.

SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00 (Levels 5 - 5.5 only), Sunday 2:00 – 4:00 p.m.

Level 4.0 and 4.5 (TOURNAMENT LEVEL) (Tournament Player or High School Tennis Player) AGES 10-18

Improve mechanics for all strokes, footwork and conditioning, develop consistency and improve shot making.

SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00 (Levels 5 - 5.5 only), Sunday 2:00 – 4:00 p.m.

Level 5.0 and 5.5 (OPEN LEVEL) (Tournament player having earned a competitive National or Sectional ranking) AGES 10-18

Improve match play performance with emphasis on footwork and conditioning, match play tactics, mechanics, mental toughness and sportsmanship.

SCHEDULE OF CLASSES:

Monday/Tuesday/Thursday/ Friday 3:00 – 5:00 p.m. or 5:00 – 7:00 p.m., Saturday 12:00 - 2:00 (Levels 5 - 5.5 only), Sunday 2:00 – 4:00 p.m.

Level 3.0 Fees		Levels 3.5, 4, 4.5, 5 and 5.5 Fees	
12 Week Session:	13 Week Session:	12 Week Session:	13 Week Session:
\$346 One Day \$672 Two Days	\$375 One Day \$728 Two Days	\$425 One Day \$829 Two Days	\$460 One Day \$898 Two Days