

Sports & Rec: Youth & Teen Tennis

Juniors Tennis Lessons

Please register at the member services desk at 6050 Y St. starting two weeks prior to the first class. **There is no childcare provided at the YMCA Tennis Center.*

MEM: \$70 PRO: \$90 lessons are 1-hour!

Biddy Tennis ages 4-5: A fun, active introduction to tennis that teaches the fundamentals through interactive games and drills. The YMCA staff of certified professionals will help players develop the fundamentals of each shot with a major emphasis on FUN! Coaches will also instruct on the finer points of hand-eye coordination, balance, footwork and developing game strategy.

Thursdays, 4:00 pm • Saturdays, 9:00 am

Rising Stars Tennis ages 5-7 A fun, active introduction to tennis that teaches the fundamentals through interactive games and drills. The YMCA staff of certified professionals will help players develop the fundamentals of each shot with a major emphasis on FUN! Coaches will also instruct on the finer points of hand-eye coordination, balance, footwork and developing game strategy.

Thursdays, 5:00 pm • Saturdays, 10:00 am

Junior Tennis Beginners 1 ages 8-11: The Junior Beginner Class develops coordination, fitness, athletic intuition, proper grips and the fundamental movements of ground strokes and volleys. Each session builds confidence through success, with coaching utilizing creative games.

Mondays, 5:00 pm • Saturdays, 9:00 am

Junior Tennis Beginners 2 ages 12-17: This Class develops coordination, fitness, athletic intuition, proper grips and the fundamental movements of ground strokes and volleys. Each session builds confidence through success, with coaching utilizing creative games.

Mondays, 5:00 pm • Saturdays, 10:00 am

Junior Tennis Intermediate/Advanced 2 ages 12-17: The Junior Intermediate Class develops coordination, fitness, athletic intuition, proper grips and the fundamental movements of ground strokes, approach shots, volleys, overheads, and serves. Each session builds confidence through success, with coaching utilizing creative games.

Mondays, 5:00 pm • Saturdays, 10:00 am



Tennis Session Dates

Fall 1: SAT Sept. 19 - Oct. 10
Register: MEM Aug. 28 • PRO Sept. 5

Fall 2: MON Sept. 21 - Oct. 12
Register: MEM Aug. 28 • PRO Sept. 5

Fall 3: THUR Sept. 24 - Oct. 15
Register: MEM Aug. 28 • PRO Sept. 5

Fall 4: SAT Oct. 17 - Nov. 7
Register: MEM Sept. 26 • PRO Oct. 3

Fall 5: MON Oct. 19 - Nov. 9
Register: MEM Sept. 26 • PRO Oct. 3

Fall 6: THUR Oct. 22 - Nov. 12
Register: MEM Sept. 26 • PRO Oct. 3

Fall 7: SAT Nov. 14 - Dec. 5
Register: MEM Oct. 24 • PRO Oct. 31

Fall 8: MON Nov. 16 - Dec. 7
Register: MEM Oct. 24 • PRO Oct. 31

Fall 9: THUR Nov. 19 - Dec. 10
Register: MEM Oct. 24 • PRO Oct. 31

For more information contact: Christine Stahl, Tennis Coordinator, 770-205-8618.

Sports & Rec: Adult Tennis

Adult Tennis *ages 18+*

Cardio Tennis Clinic: "Heart Pumping Fitness!" This group exercise is a fun and energetic activity for anyone new to fitness or just an avid enthusiast. It's a great way to learn about tennis or practice your skills while participating in a great cardio-vascular workout. Courtesy tennis racquets are available. Repetition and a fast paced environment are emphasized. Bring water!

Six, 1-hour clinics!

Mondays, September 21, 6:00 - 7:00 pm

MEM: \$80 PRO: \$100



StrokeTennis Clinic: This clinic helps to develop better timing, fitness, strategy, proper grips and the fundamental movements of ground strokes, approach shots & volleys.

Six, 1-hour clinics!

Beginners - Advanced: Mondays, September 21

6:00 - 7:00 pm

MEM: \$80 PRO: \$100



**You will receive upon payment at the main YMCA location a YMCA Cardio Card for any 6 classes you wish to attend any Friday convenient to you. However, you must call ahead to the Tennis Center (up to 1 week in advance) to sign up for each class. This gives us the proper amount of time to plan for the number of pros we need depending on each class size. Call 770-205-8618 if you have any questions. Please call and cancel if you are not going to be able to make it.*

Fall Tennis Leagues *juniors & adults*

T2 & Ultimate Tennis (K-Swiss) Fall Leagues: Register in August through the main YMCA's location for a facility fee. If you are not registered with the YMCA for your league play, then you cannot use the courts for your home matches. You will need to always make sure you call the tennis center at least 24 hours in advance to reserve a court. The tennis center will require your guest player to sign a guest waiver prior to match play we will provide.

T2 Tennis (Fall)

Starts play: September 7th • Registration: July 27th

Deadline: September 2nd

For more information: www.t2tennis.com

Ultimate Tennis (K-Swiss) Men's & Women's Singles

Starts play: September 19th

Registration deadline: September 2nd

For more information: www.ultimatetennis.com



Private Lessons

Private Lessons: Lessons are one-on-one instruction with a tennis pro.

MEM: \$60/hr, or 6 lessons for \$330

PRO: \$75/hr, or 6 lessons for \$420

Private Hits: Consists of hitting and working out with our tennis pros. This is not an instructional lesson.

MEM: \$50/hr, or 6 for \$270

PRO: \$55/hr, or 6 for \$300

Semi-Private Lessons: Consist of two players with a tennis pro.

MEM: \$33/hr, or 6 lessons for \$170

PRO: \$40/hr, or 6 lessons for \$200

**The private lessons only can be divided for ½ hour times/rates.*

For more information contact: Christine Stahl, Tennis Coordinator, 770-205-8618.