

JUNIOR ACADEMY



**NORTH RIVER SHORES
TENNIS**

WHERE YOU ALWAYS GET A GAME

2020-2021

EARLY LEARNERS PROGRAMS

Red Ball I (4-6 years 36' court red balls) - players work on: moving and balancing, throwing catching, handling a racquet, learning basic contact positions, hitting and catching rallies, learning to listen and working with a partner.

Tuesday 3:30-4:30pm, Thursday 8:30 - 9:30, Saturday 10-11am 1 day/8 wks 150

Red Ball II (6-8 years 36' court red balls) - players work on: controlled movement including running, jumping, different throwing and catching patterns, basic strokes with simple grips and swing shapes. Building a rally over short distance, starting points with simple serves as well as learning how to score.

Tuesdays or Thursdays 3:30-4:30pm 1 day/8 wks 150

Orange Ball I (8-10 years 60' court orange balls) - coordinated movements in different directions, stroke shapes, coordinating use of their arms for overhead serving. Rallying from the baseline for a 60' court and implementing serves into game play.

Monday or Wednesdays 3:30-4:30pm And or Saturdays 9-10am 1 day/8 wks \$150

DEVELOPMENTAL PROGRAMS

Orange Ball II (8-10 years 60' court orange balls) - Moving quickly and efficiently with good balance, coordinated rotations and use of both arms together. Effective swing shapes and the use of different spins. Building cross court and down the line rallies. Serving on balance understanding strategic game and match play

Monday and/ or Thursday 4:30-6:00pm \$225 1 day or \$400 2 days

Full Court (10-12 years 72" court) - Continuing to refine swing shapes. Understanding how spin affects the height and depth of the ball. More rally based drills and games as well as an emphasis on match play.

Tuesdays and/ or Thursdays 4:30-6:00pm, and/or Saturdays 11 - 12:30

1 day/8 wks \$225 or 2 day/8 wks \$400

Junior Varsity / Varsity (12 -17 years 72" court) - **The Junior Varsity group** will accommodate the teen that is just getting their feet wet with, who is looking to learn the basic strokes, footwork, scoring and rallying skills.

The Varsity group is for the more seasoned teen already having the knowledge & understanding of the basic strokes, footwork and some strategies.

Mondays and/ or Wednesdays 6:00-7:30 pm Saturdays 11-12:30 1 day/8 wks \$225 or 2 day/8 wks \$400

High Performance - Students must be evaluated for this program. NRS high performance program is designed for the more serious junior player that demonstrates commitment and family support. Each practice includes movement training, Skill development and maintenance, situational training. Players are expected to play tournaments and to train with the goal to improve competitive performance.

Tuesday, Thursday 6 - 8 pm &/or Wednesdays 4 -6:00pm 1day/8wks \$300, 2 days/8wks \$550, 3days \$780

Match-Play (all levels) - Here juniors will put their weeks work to action!

Fridays 4:30-6:00 \$10 /\$5 member per class

CALENDAR

All classes run on an 8 week schedule.

All rained out classes will be made up.

Session 1 – August 31 to October 24th , 2020

Session 2 – November 1 to January 16, 2021 (Off Nov 23 - 29, 2020, Dec 21 – Jan 3, 2021)

Session 3 – January 25 to March 27, 2021 (Off Mar 15-20, 2021)

Session 4 – March 29 to May 22, 2021

North River Shores Tennis Club's teaching staff is looking forward to helping your child grow and excel in their sport.

REGISTRATION is now online.

www.northrivershorestennisclub.com

