

# JUNIOR ACADEMY



**NORTH RIVER SHORES  
TENNIS**

**WHERE YOU ALWAYS GET A GAME**

2021-2022

## 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 \$160**

**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 \$160**

**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 \$160**

## 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 rallying skills together with understanding strategic game and match play

**Monday and/ or Thursday 4:30-6:00pm \$240 1 day or \$450 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 - 12:30pm**

**1 day/8 wks \$240 or 2 day/8 wks \$450**

**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 \$240 or 2 day/8 wks \$450**

**High Performance I -Champions** - 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 Wednesday 4 -6:00pm 1day/8wks \$320, 2 days/8wks \$580, 3days \$850**

**High Performance II - Elite** - Invitational - runs on 16 week schedule  
**Tuesday, Thursday 6 - 8 pm & Wednesday 5:30 -7:30pm plus -10 individuals**

**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 – September 7 to November 1, 2021`**

**Session 2 – November 8 to January 22, 2022 (Off Nov 22 - 28, 2021, Dec 20 – Jan 2, 2022)**

**Session 3 – January 24 to March 26, 2021 (Off Mar 14-20, 2022)**

**Session 4 – March 28 to May 21, 2021**

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

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## Sign up via our new system.

[www.northrivershorestennisclub.com](http://www.northrivershorestennisclub.com)

Create an account.

Then scroll to programs / junior academy to find the appropriate class for your child.

Not sure where to add your child this year?.....send us a text or call and we can help. 772-692-0266

Classes start Monday, September 7th and run on an 8 week schedule.