



735 Longmeadow Street ~ Longmeadow, MA 01106

Phone 413.565.4160 ~ Fax 413.565.4165

## Youth Tennis @ Blinn Courts

**Session 1: Mon-Fri, June 30-July 11 (no July 4), Register by June 25**

**Session 2: Mon-Fri, July 14-July 25, Register by July 9**

**Session 3: Mon-Fri, July 28– August 8, Register by July 23**

**Session 4: Mon-Fri, August 11-August 15 (one week only), Register by Aug 6**

**Fees: \$80 per person for Tots**

**\$100 per person for QuickStart & Jr. Team Tennis**

**Session 1 - Rates reduced to reflect no classes July 4**

**Session 4—Rates reduced to reflect single week**

**Tennis for Tots, Ages 3.5 thru 4: 8:30-9:15am**

Focus will be on the basics of tennis, gross motor skills, hand eye coordination and interaction with others. Youth size racquets are provided for use and small Instructor/counselor ratio provides for an early introduction to the sport of tennis.

**QuickStart Tennis, Ages 5 thru 7, 8:30-9:45am**

Kids play on a 36-foot tennis court with shorter racquets and foam tennis balls and will learn to use their racquets and judge the flight and direction of the ball by using fun activities and games. Emphasis will be on rally skills using both forehand and backhand ground strokes. Other skills are also introduced.

**QuickStart Tennis, Ages 8 thru 10, 10-11:30am**

Kids will play on a 60-foot tennis court with shorter racquets and low compression (orange) balls. The goal of these practices are to help children learn the basic of a rally by being able to hit the ball back and forth over the net with a partner. An array of skills will be introduced so these players can play and begin to have an understanding of singles and doubles play.

**USTA Jr. Team Tennis, Ages 11-14, 10-11:30am**

Practice will include warming up and cooling down, fitness development & hitting drills which stress individual strokes and moving combinations and match play. "Report cards" will be used to keep parents informed. Game strategy and anticipatory thinking will be introduced. Participants are divided into beginner, intermediate and advanced groups.

**USTA Jr. Team Tennis, Ages 14-18, 12:30-2pm**

These practices promote skill acquisition and development. Drills and match play daily, plus instruction on tennis strokes, serving and game strategies comprise this offering. Please bring your own racquet.

**Please visit [www.plrd.net](http://www.plrd.net) or stop by the Community House to register!**

**PLEASE NOTE: \$10 LATE FEE APPLIES IF REGISTRATION IS RECEIVED AFTER DEADLINES**