

'11 - 12 Children's Lesson Schedule

Sprouts (Age 4-7)

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	5:30-6:00	4-7
Tues.	4:00-4:30	4-7
Wed.	3:00-3:30	4-7
Thurs.	3:30-4:00	4-7
Thurs.	5:30-6:00	4-7
Fri.	3:00-3:30	4-7

Advanced Sprouts (Age 6-8)

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	3:00-4:00	6-8
Mon.	5:00-6:00	6-8
Wed.	3:00-4:00	6-8
Wed.	5:30-6:30	6-8
Thurs.	3:00-4:00	6-8
Thurs.	6:00-7:00	6-8

Beginner

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	3:00-4:00	6-8
Mon.	3:00-4:00	7-9
Mon.	5:00-6:00	6-8
Wed.	3:00-4:00	7-10
Wed.	5:30-6:30	8-10
Wed.	5:30-6:30	10-12
Sat.	4:30-5:30	11-14

Advanced Beginner

<u>Day</u>	<u>Time</u>	<u>Age</u>
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Mon.	3:00-4:00	8-10
Mon.	4:00-5:00	7-9
Mon.	4:00-5:00	10-12
Wed.	3:00-4:00	7-10
Thurs.	3:30-4:30	8-10
Thurs.	5:30-6:30	7-9
Thurs.	6:00-7:00	8-10
Fri.	3:30-4:30	8-11
Fri.	4:30-5:30	9-12
Sat.	2:30-3:30	10-12
Sat.	3:30-4:30	9-11
Sat.	4:30-5:30	11-14
Sun	7:00-8:30	10-14

Low Intermediate

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	3:00-4:00	8-10
Mon.	4:00-5:00	9-11
Tues.	5:30-6:30	9-12
Tues.	5:30-6:30	11-13
Wed.	3:00-4:00	8-10
Wed.	3:00-4:00	10-12
Wed.	4:00-5:00	9-11
Wed.	4:00-5:00	10-12
Wed.	5:30-6:30	9-11
Fri.	4:30-5:30	9-12
Sat.	2:30-3:30	9-11
Sat.	3:30-4:30	9-11

Sat.	4:30-5:30	10-13
Sat.	4:30-5:30	11-14

Intermediate

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	3:00-4:00	9-11
Mon.	5:30-6:30	10-12
Tues.	4:00-5:00	9-11
Tues.	5:30-6:30	9-12
Tues.	5:30-6:30	11-13
Wed.	3:00-4:00	8-10
Wed.	3:00-4:00	10-12
Wed.	5:30-6:30	9-11
Thurs.	3:30-4:30	8-11
Thurs.	3:30-4:30	12-14
Fri.	5:00-6:00	10-14
Sat.	2:30-3:30	9-11
Sat.	2:30-3:30	12-15
Sat.	3:30-4:30	9-11
Sat.	3:30-4:30	14-16
Sat.	4:30-5:30	11-14

Advanced Intermediate

<u>Day</u>	<u>Time</u>	<u>Age</u>
Mon.	4:00-5:30	9-11
Tues.	5:00-6:30	H.S.
Wed.	4:00-5:30	Jr.Hi.
Sat.	4:00-5:30	Jr.Hi.

More Classes May Be Available.

At press time, there are still some court times available. That means we'll be adding classes to the preceding schedule, as they are needed to accommodate students.

Also, if you have a group we'll be happy to put together a permanent court time lesson – the sooner you call the more flexibility you'll find in scheduling.

Three Lesson Sessions

- I: Mon 9/12 to Sun 12/4 = 12 wks
- II: Mon 12/5 to Sun 4/1 = 14 wks
- III: Mon 4/2 to Fri 5/25 = 8 weeks

Wait and Interest Lists. If none of the times on the schedule work for you, you may place your child's name on an interest list, without obligation.

As the published classes are filled, new classes are added to the schedule. If you are, for example, trying to schedule all of your children on the same day of the week, we suggest you enroll in whatever class is available and we'll put your 'ideal' time on the interest list with a note "instead of whatever class currently enrolled in".

Similarly, we suggest you put your child's name on the wait list for any already-filled class you prefer with a note "instead of whatever class currently enrolled in".

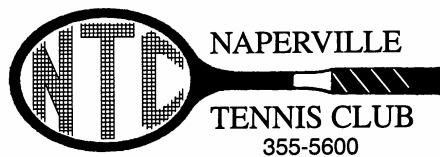
Registration. Registration is on a first-come, first-served basis. Realizing your desire to plan your activities as soon as possible, members may begin registration for classes in July, non-members in August. During the Summer we have shortened hours of weekdays 10-12 and Thursdays 5-8 p.m. Registration requests and any pre-season questions may be left on our answering machine at 630-355-5600. We will return your call promptly.

Member Lesson Prices: \$9.50/class for Sprouts, \$16/hour all other classes.

Member Private Lesson Prices: \$62/hour, available in ½ hour increments. Junior Membership: \$80/season.

Class Ratios: 5:1 Sprouts, 6:1 for all other classes.

Revision 1.6



Guidelines in Selecting a Class for Your Child

Generally, the class level one signs up for in the Fall one would stay with all year. Within a class individuals generally progress at about the same rate. Given our small class sizes the instructor can compensate for some variations in ability, particularly at the lower level classes because the instructor sets up each shot. If during the season, the instructor feels your child would get more out of a lower or higher level class, either our Head Pro or your child's instructor will contact you. Skill and coachability always supercedes age in placement. If you do have lesson concerns or questions relative to augmenting your child's class experience please feel free to discuss them with our Head Pro at any time.

Sprouts Recommended age: Mature 4 through 7

Pre-requisite: None.

Striped Grip: Gold - Orange

Description: An introduction to the sport via the tennis court structured to utilize your child's developing motor skills, eye-hand coordination, balance, timing and patience. Basic running, chasing, balancing, transferring of weight, jumping and landing are transitioned into the basic strokes. Class ratio is 5 students to 1 coach on 1 court for one half hour to ensure not surpassing your child's interest span.

Advanced Sprout Recommended age: 6 and 7

Striped Grip: Blue - Dark Blue

Pre-requisite: Sprouts or equivalent. Player should be able to catch ball after one bounce; successfully be able to walk with ball on their racket from baseline to net without ball falling off the racket; hit forehands and backhands in the court; be familiar with the forehand volley and overhand serve.

Beginner Recommended age: 8 & up

Striped Grip: Green

Pre-requisite: None. This class is for those who have never picked up a racket to those with limited experience. Player should be able to demonstrate recovery from singles sideline back to the middle; be able to catch the ball off the bounce when ball is tossed underhand from net to student on baseline. Players will learn forehands and backhands, return of serve, volleys, overheads and serves.

Advanced Beginner Recommended age: 8 & up

Striped Grip: Dark Green - Red

Pre-requisite: Beginner or equivalent. Player should be able to bounce ball 10 times in a row down on the ground, player is able to catch a ball on the baseline that is bounced to him from the net. Player should be able to hit forehands and backhands crosscourt and down the line, be familiar with volleys, overheads, return of serves and serves.

Low Intermediate Recommended age: 9 & up

Striped Grip: Purple

Pre-requisite: Advanced Beginner or equivalent. Player has demonstrated good hand eye coordination, be able to bounce a ball down on the side of the racket using the continental grip, be able to bounce a ball up on the side of the racket using the continental grip. Players should be able to hit ground strokes with more depth and consistency. Positioning, shot placement, footwork and serve consistency are emphasized. Follow through and spin become apparent when rallying from the baseline.

Intermediate Recommended age: 10 & up

Striped Grip: Grey - Black

Pre-requisite: Low Intermediate. Footwork drills, consistency, moving to hit ground strokes, placement and service return are emphasized. Students should become comfortable coming to the net during match play and hitting with depth. Spin serves and longer rallies from the baseline are apparent. Player should have a general knowledge of the rules of the game. These students are preparing themselves to pass the Gold Grips test.

Advanced Intermediate Age: 10 thru H.S. **Pre-requisite:** **Regular: Gold Grip**

See www.gripsprogram.com for Gold oncourt work to prepare for the NTC Competitive Training Program (Orange & up Grips.)