

# Junior Tennis Schedule & Cost

Spring Term 2019

WEST HILLS AND MOUNTAIN PARK

Class participants will be AUTOMATICALLY signed up for 3 months

March 1-22, April 1-30, May 1 - June 7 (no lessons Mar. 23-31 and May 25-27)



## MOUNTAIN PARK RACQUET AND FITNESS CLUB

FOUNDATIONS								
Class	Day	Location	Time	Spaces	Mar. Prices	Apr. Prices	May & June Prices	
Red Ball	M	MP	3:30-4:30	6	\$52.50	\$87.50	\$70	
Red Ball	Th	MP	3:30-4:30	6	\$52.50	\$70	\$105	
Red Ball	Su	MP	1:00-2:00	6	\$52.50	\$70	\$70	
Orange Ball	T	MP	5:30-6:30	6	\$52.50	\$87.50	\$87.50	
Orange Ball	Th	MP	3:30-4:30	6	\$52.50	\$70	\$105	
Orange Ball	F	MP	4:30-5:30	6	\$70	\$70	\$105	
Orange Ball	Su	MP	2:00-3:00	6	\$52.50	\$70	\$70	
Green Dot	M	MP	4:45-5:45	6	\$52.50	\$70	\$105	
Green Dot	T	MP	4:30-5:30	6	\$52.50	\$87.50	\$87.50	
Green Dot	T	MP	5:30-6:30	6	\$52.50	\$87.50	\$87.50	
Green Dot	TH	MP	4:30-5:30	6	\$52.50	\$70	\$105	
Green Dot	F	MP	4:30-5:30	6	\$70	\$70	\$105	
Green Dot	Su	MP	3:00-4:00	6	\$52.50	\$70	\$70	
CHALLENGERS								
Futures	M	MP	6:00-7:00	6	\$52.50	\$87.50	\$70	
Futures/Satellite	F	MP	4:30-5:30	6	\$70	\$70	\$105	
High School Satellite	Su	MP	4:15-5:30	6	\$64.50	\$86.00	\$64.50	
CHAMPS								
Performance	T	MP	5:30-6:30	PR*	12	\$52.50	\$87.50	\$87.50
Performance	Th	MP	6:00-7:00	PR*	12	\$52.50	\$70	\$105
Performance	M	MP	6:00-7:00	PR*	6	\$52.50	\$87.50	\$70
High Performance	T	MP	4:00-5:30	PR*	10**	\$92.25	\$153.75	\$153.75
High Performance	Th	MP	4:30-6:00	PR*	10**	\$92.25	\$123	\$184.50
Tournament Elite	M	MP	4:30-6:00	PR*	8*	\$109.50	\$182.50	\$146
Tournament Elite	W	MP	4:00-5:30	PR*	8*	\$109.50	\$146	\$219

## WEST HILLS RACQUET AND FITNESS CLUB

FOUNDATIONS								
Class	Day	Location	Time	Spaces	Mar. Prices	Apr. Prices	May & June Prices	
Red Ball	W	WH	4:00-5:00	6	\$52.50	\$70	\$105	
Red Ball	Th	WH	3:30-4:30	6	\$52.50	\$70	\$105	
Red Ball	Sa	WH	9:00-10:00	6	\$52.50	\$70	\$70	
Orange Ball Angel *Girls Only	M	WH	3:30-4:30	4	\$47.00	\$117.50	\$94	
Orange Ball	W	WH	5:00-6:00	6	\$52.50	\$70	\$105	
Orange Ball	Th	WH	4:30-5:30	12	\$52.50	\$70	\$105	
Orange Crush (2/mth)	F	WH	3:30-4:30	12	\$5/class	\$5/class	\$5/class	
Orange Ball	Sa	WH	10:00-11:00	6	\$52.50	\$70	\$70	
Green Dot 1&2 Angels* Girls Only	M	WH	3:30-4:30	8	\$47.00	\$117.50	\$94	
Green Dot 1&2 Bros* Boys Only	W	WH	4:30-6:00	8	\$102.75	\$137	\$205.50	
Green Dot 1&2	Th	WH	4:30-5:30	12	\$52.50	\$70	\$105	
Green Dot 1&2	Sa	WH	11:00-12:00	6	\$52.50	\$70	\$70	
Dot Days (2/mth)	F	WH	3:30-4:30	12	\$5/class	\$5/class	\$5/class	
CHALLENGERS								
Futures	Th	WH	5:30-7:00	6	\$77.25	\$103	\$154.52	
Satellite Big Angels*Girls Only	M	WH	4:30-6:00	12*	\$102.75	\$171.25	\$137	
Satellite	Th	WH	5:30-7:00	6	\$77.25	\$103	\$154.50	
Satellite Kids Cardio	Su	WH	11:30-12:30	8	\$52.50	\$70	\$70	
High School Satellite	W	WH	7:00-8:30	6	\$77.25	\$103	\$154.50	
JTT Match Play	F	WH	4:30-6:00	18	\$60	\$60	\$90	
CHAMPS								
Performance	M	WH	4:30-6:00	PR*	4*	\$102.75	\$171.25	\$137
Performance	W	WH	4:30-6:00	PR*	4*	\$102.75	\$137	\$205.50
Performance	Su	WH	9:00-10:30	PR*	8*	\$102.75	\$137	\$137
High Performance	Su	WH	10:30-12:00	PR*	8*	\$102.75	\$137	\$137

\*PR- Requires Pro Registration

# WEST HILLS AND MOUNTAIN PARK JUNIOR TENNIS PROGRAMS

## WHY TENNIS?

Tennis is a fun sport for all ages, especially when your child is set up to succeed at a young age. As your child develops, tennis has many positives including:

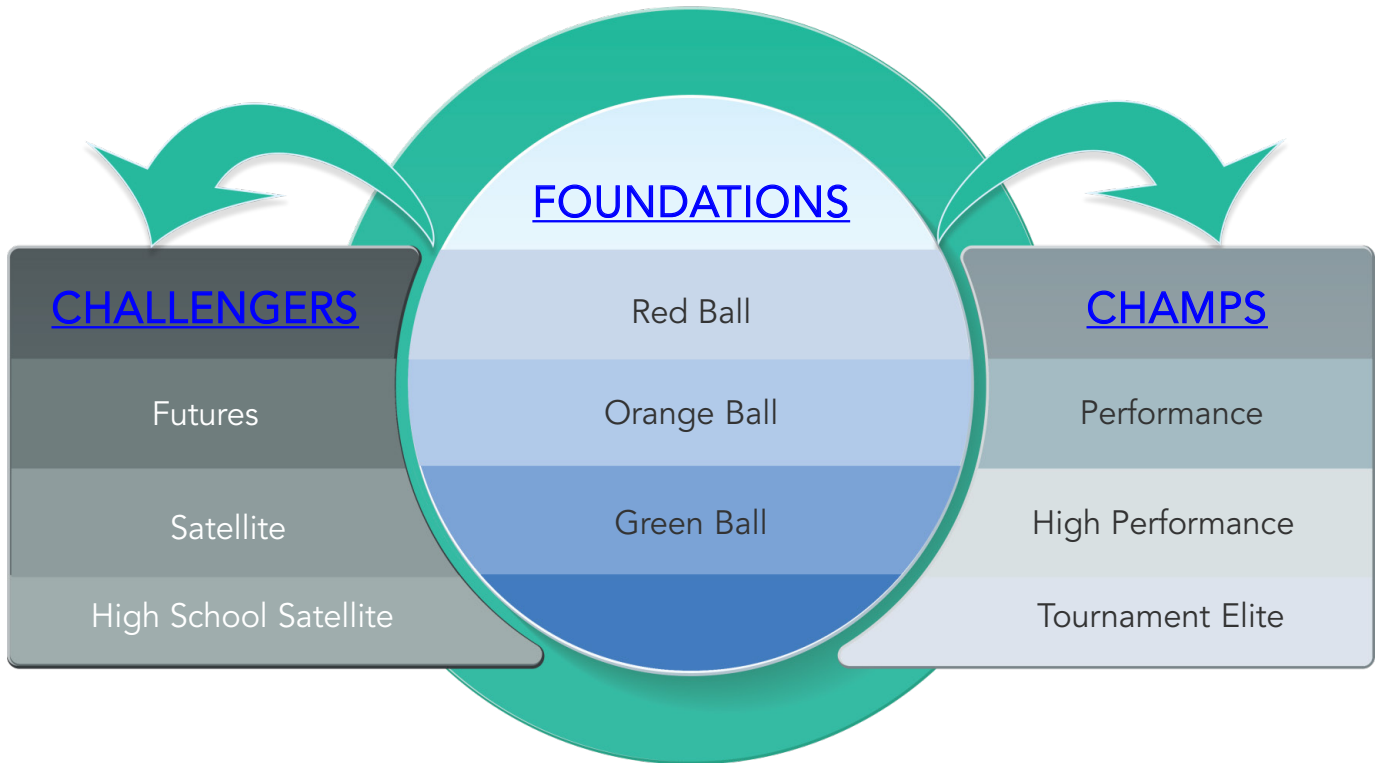
- Health benefits of an anaerobic sport that help improve heart health
- Improve fine motor skills and develop better coordination
- Problem solving by working through strategies and learning patterns of play
- Build friendships with their peers and learn how to compete while still applying good sportsmanship
- Building confidence and teaching kids how to deal with successes and failures
- Learn a sport that they can play for the rest of their lives!

## WHY WEST HILLS & MOUNTAIN PARK?

At West Hills and Mountain Park, our goal is to create groups that kids can thrive in. Each group will cater to your child's specific needs and help them to improve based on their abilities and desire. Just like your child, not one tennis player is alike! Each player has a certain style that fits them, and we will work to help your child find their preferred way of playing tennis.



# CLASSES OFFERED



## FOUNDATION CLASSES - FOCUS ON FUN, FUNDAMENTALS, AND FITNESS

This is where it all begins! Starting kids young, even just once a week, helps them develop the foundations they need to continue developing as a tennis player, and in all aspects of life. Every junior getting started will begin in one of these levels. Ages ranges listed are not exact. Skill level is main factor in determining class placement. Quarterly progress reports will be provided.

**WHICH PATH IS RIGHT FOR YOUR CHILD?** Once kids have their foundations set and start showing serious interest in competing competitively in tennis, you will need to help them decide which path below is right for them. Both paths are great for fun, fitness, building relationships, and most importantly improving tennis. They do, however, have their differences.

### CHALLENGERS PATH

The Challenger path let's any child join in on all the benefits of tennis, without the pressure of competition, money, time, and the expectations that come with the Champs path. Children can start on the Challenger path, and then move into the Champs path once they get more interested in tennis. It is, however essential to realize that the decision ultimately falls on the shoulders of the child. The pros and parents should let the player set the course for their tennis involvement.

### CHAMPS PATH

The Champ path is subject to instructor's invitation and placement. Players will be placed based on their ability and performance in classes, interest and attitude toward learning, and the desire and commitment to improve, as well as the parent's ability to provide positive support to their child. Participants are expected to show a high level of energy and desire to improve when in class. Practice outside of class, tournament play, and/or private lessons are expected from players in the Champ pathway.



# FOUNDATION CLASSES

## FOUNDATION CLASSES FOCUS ON FUN, FUNDAMENTALS, AND FITNESS!

This is where it all begins! Starting kids young, even just once a week, helps them develop the foundations they need to continue developing as a tennis player, and in all aspects of life. Every junior getting started will begin in one of these levels. Age ranges listed are not exact. Skill level is main factor in determining class placement. Quarterly progress reports will be provided.

### RED BALL

This group is for the youngster just getting started. The focus is fun, mobility, hand/eye coordination, and introduction to the sport. Our focus is to make tennis enjoyable, while starting to develop skills that will help them improve as they grow. Grips, footwork patterns, and basic swing paths are introduced. These players begin demonstrating appropriate listening skills and interactions with classmates. These players use the 36' court, and should be able to rally with some success before advancing to the next level. 21"- 23" racquets required.

Ages 4-7

### ORANGE BALL

Techniques from Red Ball will be continued with age appropriate skills and expectations. These players should be consistent with ready position and developing proper timing with split steps, and show a desire to improve footwork. These players should be using proper grips as instructed and forming stroke fundamentals for forehand and backhand groundstrokes, volleys, overheads, and serves with continental grips. 23" - 26" racquet required. Orange ball classes use the 60' court.

Ages 7-12

### GREEN DOT

These players are physically ready and able to move to the 78' (full) court. Proper grips and stroke techniques are now solidified, and serves from the baseline with continental grips are successful 70%, or more. Players can feed and rally with specific direction, and can sustain rallies of 8+ shots. These players can use spin, movement, and placement to construct points, and understand the rules and etiquette of tennis. These players begin to show interest in playing tournaments and JTT. 24"-26" racquet recommended.

Ages 8-14



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### FUTURES

Players will begin to progress from the green dot to the yellow ball. Green dot balls will continue to be used as needed for specific skill development. This group will continue to solidify stroke techniques, and implement strategies and patterns of play. Practice outside of class and JTT encouraged. Quarterly progress reports will be provided.

Ages 9-14

### SATELLITE

These players have their tennis foundation well established (splits steps, ready positions, grips and stroke techniques), and now can focus on point play and strategies. This group can look ahead to JTT and high school tennis competition.

Ages 11-16

### HIGH SCHOOL SATELLITE

This group is for 9<sup>th</sup>-12<sup>th</sup> grade players who are playing high school tennis, or are high school aged and have played 3+ years of tennis.

Ages 13+



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### PERFORMANCE

Tennis is becoming a priority sport for this player. Grips, stroke techniques, footwork and movement, and positive energy are consistent characteristics displayed on and off the court. A willingness to listen and implement coaching is expected. JTT and USTA entry level tournament play, practice outside of class, and/or private lessons is expected. Quarterly progress reports will be provided. Pro staff will determine appropriate age and skill level.

### HIGH PERFORMANCE

This group is for the player who focuses on tennis as their sport, and continues to improve their game. A positive attitude, consistent work ethic, and willingness to be coached is expected. Consistent USTA intermediate & advanced tournament play, practice outside of class and/or private lessons is expected. Pro staff will determine appropriate age and skill level.

### TOURNAMENT ELITE

Students in this group are competitive PNW ranked advanced players. These players continue to set high goals for high school and tournament play. Along with match play practice outside of lessons, private lessons are expected. Pro staff will determine appropriate age and skill level.



## Registration

**Member Registration:** Monday, February 18<sup>th</sup> online via your member account.

Register for **Junior** lessons beginning @ 7:00pm  
Register for **Adult** lessons beginning @ 7:30pm

When registering for classes at your non-home club be sure & change the SITE drop down menu to reflect the other club. (Located top left of Program Reservation page)

**Non-member Registration:** Monday, February 25<sup>th</sup> online. Requires creation of a guest account via the online portal.

\*Non-member rates are 30% more than listed member price

\*Non-member participants are limited to 1 term of lessons. Required to join club in order to continue participating in lessons.

\*Terms are nontransferable. If participant joins in the middle of the term the day(s)/month(s) missed cannot roll over into the following term to make up for the missed month(s).

## Cancellation/Policy Info

\*Group lessons are billed per month; no exceptions or pro rates will be made for absences.

\*Cancellations must be made with the appropriate pro 7 days prior to the 1st of the following month.

\*All class placements are subject to change per instructor approval.

\*Classes require a minimum of 4 participants.

