

2021 HEBT Group Tennis Lessons

There will be three sessions of group lessons this summer:

- Session 1: June 14 - July 2 (3 weeks)
- Session 2: July 5 – July 30 (4 weeks)
- Session 3: August 2 - 13 (2 weeks)

Class size minimums:

We require a **minimum of 4 players/1 Pro** to run a class. If we do not have the necessary number, we may ask you to switch to a different day or time. The **maximum for each lesson is 6 Players/1 Pro**.

Class Level	Age	Time	Class Fee	Class Fee	Class Fee
			Session 1 6 classes	Session 2 8 classes	Session 3 4 classes
YOUTH CLASSES – Mondays & Wednesdays					
Red Ball	Ages 6 - 8	9 – 9:45 AM	\$114	\$152	\$76
Orange Ball	Ages 8 – 10	10 – 10:55 AM	\$114	\$152	\$76
Green Ball	Ages 8 – 12	11 – 11:55 AM	\$114	\$152	\$76
Competitive	Ages 12+	3 – 4:25 PM	\$150	\$200	\$100
YOUTH CLASSES – Tuesdays & Thursdays					
Yellow Ball	Ages 11 +	9 – 10:25 AM	\$150	\$200	\$100
Orange Ball	Ages 8 - 10	10:30 – 11:25 AM	\$114	\$152	\$76
Red Ball	Ages 6 - 8	11:30 – 12:15 PM	\$114	\$152	\$76
ADULT CLASSES (one class per week)					
Class Level	Day	Time	Class Fee Session 1 3 classes	Class Fee Session 2 4 classes	Class Fee Session 3 2 classes
Adult Cardio Drill	Tuesday	7:30 – 8:55 AM	\$75	\$100	\$50
Adult Beginner Drill	Wednesday	4:30 – 5:55 PM	\$57	\$76	\$38
Adult Intermediate Drill	Wednesday	4:30 – 5:55 PM	\$57	\$76	\$38

Group Tennis Lesson Class Descriptions

Please read the level guidelines carefully so you sign up for the appropriate class. If, during a session, your Pro feels you/your child would benefit from moving up/down a level, they will talk to you directly.

10 & Under Tennis is the USTA’s youth progression program designed to teach good technique in a fun way. With smaller racquets, low compression balls, and adjusted net heights, the pathway makes it easier for kids to progress to higher-levels of play. The goal is to get more kids involved in the game of tennis.

Proper attire/equipment: Participants need proper court attire and non-marking athletic shoes. Juniors should have an age appropriate racquet. Click [HERE](#) for USTA guidance.

Red Ball (Ages 6-8 years)

For the beginner player, we teach agility, balance and coordination including basic movement, catching and throwing balls between players/Pro, and tennis racquet skills. These classes are played using an official USTA 10 & under net which is lower than a regular tennis net. The class is 45 minutes.

Orange Ball (Ages 8-10 years)

We teach all the basic tennis strokes as well as an introduction to playing points and keeping score. Players will learn correct grips, proper swing shapes and will learn to rally. These classes are played on official USTA 10 & under lined court. The class is 55 minutes.

Green Ball (Ages 8-12 years)

This stage is for students who can rally, place the ball with intention, and are beginning to understand basic strategy and tactics. Players move to regulation size courts and use green felt balls to continue learning the game. The class is 55 minutes.

Yellow Ball (11+ year olds)

This class is designed for players who have already passed Green Ball. Players will continue to develop proper technique on groundstrokes, volleys, and serves using regulation yellow balls. Fun games and drills will be a part of each class as players continue to work on skills necessary to hit from anywhere on the court and play matches. This class is 85 minutes.

Competitive Drill (12+ year olds)

This class is designed for experienced tennis players who can rally consistently using all the basic stroke techniques, hit from anywhere on the court, and know basic match scoring. Players will work on singles and doubles strategy to take their game to the next level and prepare themselves to compete in USTA or high school matches. Both drill and match play will be incorporated. This class is 85 minutes.

Adult Cardio

Prepare for a workout. This class is for intermediate players and above. It is a fun, high-energy class designed to improve footwork and endurance with fast-paced play! Plan on hitting a lot of shots! This class is 85 minutes.

Adult Beginner Class

Will include opportunities for players with limited tennis experience to learn and practice the fundamentals of the game, including stroke production, positioning, and movement. An emphasis will be placed on progressions that facilitate good technique and reliable strokes so that beginners can also enjoy playing games and staying active with friends and family on the tennis court. This class is 55 minutes.

Adult Intermediate Class

Designed for players who have learned the basic strokes of the game, this group will highlight consistency, strategy, and the more competitive play that intermediate level players can enjoy. Players will have great opportunities to have fun and stay active by rallying and by practicing singles and doubles strategies in different scenarios. This class is 55 minutes.

In order to register, you must be a CURRENT paid member of Huntington Estates Bath & Tennis Club.

Group Tennis Lesson Registration Form

Please complete ALL sections of the registration form.

- a) Be sure to indicate **BOTH** a 1st and 2nd choice of Class day/time - *when there is more than one option offered for your class level*
- b) Be sure to indicate which **session(s)** you want to sign up for – you may sign up for all three!

Registrations will be processed on a first come, first serve basis.

Please mail your forms/checks to the attention of Jen Jesso, HEBT Tennis Lesson Coordinator, at **1158 Johnson Drive, Naperville, IL 60540**. You can also drop them in the box located on her front porch.

Jen will notify you if there is space in the class(es) you're requesting and confirm your registration. If there is not space in a class you want, she will place you/your child on a wait-list.

Questions: Contact Jen Jesso at jenjesso@yahoo.com or 773-551-4692

Family Name: _____ Phone: _____

Address: _____

Email (required): _____

Player's First & Last Name	Age of Player	Indicate 1 st & 2 nd choice of DAY and TIME <i>If Applicable</i> (i.e. M/W 9-9:45 AM)	Check which SESSION(S) you want to register for			Class FEE (total for sessions selected)
			<u>Session 1</u> 3 weeks 6/14-7/2	<u>Session 2</u> 4 weeks 7/5-7/30	<u>Session 3</u> 2 weeks 8/2-8/13	
		1 st Choice:				
		2 nd Choice:				
		1 st Choice:				
		2 nd Choice:				
		1 st Choice:				
		2 nd Choice:				
		1 st Choice:				
		2 nd Choice:				
		1 st Choice:				
		2 nd Choice:				
Total Fee:						

Assumption of Risk:

Please be aware that by participating in HEBT Tennis programming, you will be expressly assuming the risk and legal liability and waiving and releasing HEBT, its officers directors, agents and contractors of all claims for injuries, damages or loss which you might sustain as a result of participating in any and all activities connected with and associated with this program (including exposure to communicable disease).

Social Distancing Required:

- Before and after play, players must maintain a minimum distance of 6 feet from all others.
- All spectators and players waiting for a court must remain outside of the fence until a court becomes available and social distancing procedures must be practiced at all times.
- Please be vigilant in preventing the spread of germs by practicing good hygiene. If you or a member of your family become ill, please stay home and do not participate in HEBT programs or visit our facility until you're well.

Weather-related Tennis Lesson Make-up Policy

During each session, **up to 2 make-up classes** will be scheduled for ***weather-related*** cancellations. Make-up classes are held Mondays through Thursdays between 12 – 1:30 PM or Fridays 8 AM – 12 PM.

We try to run every class at its scheduled time. We will not cancel class unless there is lightening/thunder in the immediate area or the rain has been/is so heavy the court surface is unsafe for play.

If necessary, we will start a class a few minutes late or end a few minutes early so you do not have to change your schedule.

If the weather is bad at your scheduled class time, please check our Twitter page to confirm **IF** your class is canceled at www.twitter.com/hetennis. You don't need a twitter account to access this page!

We will be sending out tweets to notify members of class cancellations as that is the fastest way to get information to you. And, **the make-up information will also be sent out via Twitter.**

We encourage you to sign up to follow hetennis on Twitter or to bookmark the Twitter account via the club's website. <https://huntingtonstatesbathandtennisclub.wildapricot.org/Tennis-Lessons/>

Please be aware that make-up classes for lessons missed **due to personal reasons** are not offered. Space in each lesson is limited to a maximum number of players, so 'drop-ins' for personal make-ups cannot be accommodated.