

2023 HEBT Group Tennis Lessons

There will be two sessions of group lessons this summer:

- Session 1: June 5 – June 29 (4 weeks)
- Session 2: July 5 – July 28 (4 weeks)

Class size minimums:

We require a **minimum of 4 players/1 Pro** to run a class. Classes are maxed at 6-7 players/Pro. If we do not have the necessary number, we may ask you to switch to a different day or time.

Class Level	Age	Time	<u>Class Fee</u> Session 1 4 weeks	<u>Class Fee</u> Session 2 4 weeks
YOUTH CLASSES - MONDAY & WEDNESDAY (Twice/week) <i>(No Class Monday, July 3 in Session 2)</i>				
Red Ball	Ages 6 - 8	9 – 9:45 AM	\$144	\$126
Green Ball	Ages 8 – 12	10 – 11 AM	\$160	\$140
Orange Ball	Ages 8 - 10	11 AM - Noon	\$160	\$140
YOUTH CLASSES - MONDAYS (Once/week) <i>(No Class Monday, July 4 in Session 2)</i>				
Adv. Beg - Intermediate	Junior High – High School	3 – 4:30 PM	\$120	\$90
YOUTH CLASSES - TUESDAY & THURSDAY (Twice/week) <i>(No Class Tuesday, July 4 in Session 2)</i>				
Yellow Ball	Age 11+	9:30 – 10:30 AM	\$160	\$140
Orange Ball	Ages 8 - 10	10:30 – 11:30 AM	\$160	\$140
Red Ball	Ages 6 - 8	11:30 AM – 12:15 PM	\$144	\$126
ADULT CLASSES (One class per week) <i>(No Class Tuesday, July 4 in Session 2)</i>				
Adult Cardio Drill	Tuesday	8 – 9:30 AM	\$140	\$105
Adult Beginner Drill	Wednesday	4:30 – 6 PM	\$140	\$140
Adult Intermediate Drill	Wednesday	4:30 – 6 PM	\$140	\$140

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).

2023 HEBT Group Tennis Lesson Class Descriptions

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

10 and Under Tennis is the format professional organizations such as the USTA are using to teach kids how to play. It's designed to introduce more kids to the game of tennis by using smaller racquets, low compression balls, and adjusted net heights to create an environment more engaging for this age range.

Proper attire/equipment: Participants need proper court attire such as non-marking athletic shoes with a closed back, and if possible athletic or free moving clothing. Juniors should come to class with an age-appropriate racquet.

- 19," 21" or 23" racquet is recommended for Red & Orange Ball classes
- 25" or adult rackets are recommended for players 11+ years

Red Ball (Ages 6-8 years)

For the beginner player, classes will teach agility, balance and coordination techniques addressing basic movement skills. Catching and throwing activities, tennis racquet skills and court boundaries will be discovered during partnered drills and games. These classes are played using an official USTA 10 & under net which is lower in height 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 appropriate grips, proper swing shapes and will learn to rally cooperatively during partnered drills and games. These classes are played on official USTA 10 & under lined court. The class is 1 hour.

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 of point play. Players move to regulation-size courts and use green felt balls to continue learning the game. The class is 1 hour.

Yellow Ball (11+ years)

This class is designed for players who have already passed Green Ball. Players will continue to develop proper mechanics on groundstrokes, volleys, and serves using regulation yellow balls. Fun games and drills will be incorporated into each class as players continue to work on skills preparing them to progress in their point and match play. This class is 1 hour.

Junior High/High School Adv. Beginner - Intermediate

This class is a high-energy drill for students who can rally and place the ball with intention. Drills will address match strategy, and stroke mechanics will be the focus. This class is 90 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 endurance and performance with fast-paced drills! Plan to hit a lot of shots! The class is 90 minutes.

Adult Beginner Class

This class is a high-energy drill for students who can rally and place the ball with intention. Drills will address match strategy and stroke mechanics will be the focus. This class is 90 minutes.

Adult Intermediate Class

This is a co-ed class for intermediate players who drill and compete regularly. The class will feature a variety of drills with an emphasis on stroke mechanics, court sense, and game tactics. The class is 90 minutes.

