

2024 HEBT Group Tennis Lessons

There will be two sessions of group lessons this summer:

- Session 1: June 3 – June 28 (4 weeks)
- Session 2: July 8 – August 2 (4 weeks)

Class size minimums:

We require a **minimum of 4 players/1 Pro** to run a class. Maximum class size is 7 players/Pro on one court. We may ask you to switch to a different day or time if we do not have the necessary number of players.

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)				
Red Ball (45 minutes)	Ages 6 - 8	9 – 9:45 AM	\$150	\$150
Green Ball (60 minutes)	Ages 8 – 12	10 – 11 AM	\$168	\$168
Orange Ball (60 minutes)	Ages 8 - 10	11 AM - Noon	\$168	\$168
YOUTH CLASSES - MONDAYS (Once/week)				
Adv. Beg – Intermediate (90 minutes)	Junior High – High School	3 – 4:30 PM	\$126	\$126
YOUTH CLASSES - TUESDAY & THURSDAY (Twice/week)				
Yellow Ball (60 minutes)	Age 11+	9:30 – 10:30 AM	\$168	\$168
Orange Ball (60 minutes)	Ages 8 - 10	10:30 – 11:30 AM	\$168	\$168
Red Ball (45 minutes)	Ages 6 - 8	11:30 AM – 12:15 PM	\$150	\$150
ADULT CLASSES (One class per week)				
Adult Cardio Drill (90 minutes)	Tuesday	8 – 9:30 AM	\$126	\$126
Adult & High School Beginner Drill (90 minutes)	Wednesday	7:30 – 9 AM	\$126	\$126
Adult Cardio Drill (90 minutes)	Wednesday	4:30 – 6 PM	\$126	\$126
Adult Intermediate Drill (90 minutes)	Wednesday	4:30 – 6 PM	\$126	\$126

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).

2024 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! The class is 90 minutes.

Adult & High School Beginner Class

We teach all the basic tennis strokes so players can place the ball with intention, understand basic strategy and tactics of point play. 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.

2024 HEBT Group Tennis Lesson Registration Form

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

You may register online and pay by credit card at:

<https://www.esoftplanner.com/v3/planner/camps.php?access=0dG81LSVxNmo65bBv2lxvpgFpw==>

Or, complete ALL sections of this registration form and drop your forms/checks in the box on the front porch of Jen Jesso's house: **1158 Johnson Drive, Naperville.**

She will notify you if there is space in the class(es) you're requesting and confirm your registration. If there is no space, she will place you/your child on a waitlist.

- 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 – we encourage you to sign up for both!

Registrations are processed on a first come, first serve basis.

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>(i.e. Monday 9–10 AM)</i>	Check which SESSION(S) you want to register for		Class FEE
			Session 1 4 weeks 6/5-6/29	Session 2 3 weeks 7/5-7/28	
		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			

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

