

2022 HEBT Group Tennis Lessons

There will be two sessions of group lessons this summer:

- Session 1: June 6 – June 30 (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. 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 Session 1 4 weeks	Class Fee Session 2 4 weeks
YOUTH CLASSES - MONDAY & WEDNESDAY <i>(No Class Monday, July 4 in Session 2)</i>				
Red Ball	Ages 6 - 8	9 – 9:45 AM	\$128	\$112
Orange Ball	Ages 8 – 10	9 - 10 AM	\$144	\$126
Red Ball	Ages 6 - 8	10 - 10:45 AM	\$128	\$112
Orange Ball	Ages 8 – 10	10 – 11 AM	\$144	\$126
Green Ball	Ages 8 – 12	11 AM – 12 PM	\$144	\$126
Competitive Drill	Ages 12+	Mon: 3 – 4:30 PM Wed: 2:30 – 4 PM	\$216	\$189
YOUTH CLASSES - TUESDAY & THURSDAY				
Yellow Ball	Ages 11 +	9 – 10:30 AM	\$216	\$216
Orange Ball	Ages 8 - 10	10:30 – 11:30 AM	\$144	\$144
Red Ball	Ages 6 - 8	11:30 AM – 12:15 PM	\$128	\$128
ADULT CLASSES <i>(One class per week)</i>				
Adult Cardio Drill	Tuesday	7:30 – 9 AM	\$108	\$108
Adult Beginner Drill	Wednesday	4 - 5 PM	\$72	\$72
Adult Intermediate Drill	Wednesday	5 - 6 PM	\$72	\$72

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).

- 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.

2022 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 the USTA is using to teach kids how to play. It is designed to bring more kids to the game of tennis by using smaller racquets, low compression balls, and adjusted net heights.

Proper attire/equipment: Participants need proper court attire and non-marking athletic shoes. Juniors should have an age appropriate racquet.

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

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

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 90 minutes.

Competitive Drill (12+ year olds)

This class is designed for 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. This class is 90 minutes.

Adult Cardio

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 to hit a lot of shots! This class is 90 minutes.

Adult Beginner Class

For anyone wanting to learn the game of tennis, this class will teach correct grips, basic stroke technique and players will learn how to rally. The class is 1 hour.

Adult Intermediate Class

This class is for intermediate players who compete regularly. It will feature a variety of drills designed to improve players' baseline, mid-court and net play by working on different styles of play to improve singles and doubles strategies. A portion of the class will also include supervised match play. The class is 1 hour.

2022 HEBT 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 both sessions

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

Mail your completed form and check (payable to HEBT) to Jen Jesso at 1158 Johnson Drive, Naperville, IL 60540. You can also drop your form/check off in the box on Jen’s 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, 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 1st & 2nd 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
			<u>Session 1</u> 4 weeks 6/5-6/30	<u>Session 2</u> 4 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 FEE	

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

Weather-related Tennis Lesson Make-up Policy

During each session, **up to 2 make-up classes** will be scheduled for **weather-related** cancellations.

Please note:

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. We will be sending out tweets to notify members of class cancellations as that is the fastest way for you to be informed.

The make-up information will also be sent out via Twitter so it is important for you (and your child) to sign up to follow hetennis on Twitter or know how to check the Twitter account via the club's website.

<https://huntingtonstatesbathandtennisclub.wildapricot.org/Tennis-Lessons/>

Please be aware 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.