

# New Class Descriptions and Levels for Tennis

**Level 1:** This class is 30 minutes for 4 and 5 year olds and is an introduction to the game of tennis. It will be played with foam balls on a micro-court and introduce the tracking skills necessary to learn to serve, rally, and score.

**Level 2:** This class is 60 minutes for 6 and 7 year olds and will focus on the shapes of the serve, forehand, and backhand. These players will learn to rally over the net with a partner on a 36' court with a foam ball and begin to play modified games of tennis.

**Level 3:** This class is 60 minutes for 8-11 year olds and will focus on refined technique and basic rally skills. This class will be on a 60' court with foam and transition balls and is an entry-level class for players of this age.

**Level 4:** This class is 60 minutes for 8-11 year olds who have experience and can rally with success on a 60' court with a partner. This is not a beginner class for players of this age. These players are competing in the Junior Grand Prix events and are playing entire matches with the overhand service motion. Foam and transition balls will be used.

**Level 5:** This class is 90 minutes long for 9-12 year olds who can rally with success on a full court while refining their technique on a 60' court. Foam, transition, and hard balls will be used. These players are playing the Junior Grand Prix events and are playing entire matches on a full court. They may also be playing 1-3 USTA events per year.

**Teenage Tennis Training:** This is a one-hour class for the "older junior" who is a beginner. Players that are ages 12-16 will use foam, transition, and hard balls to learn the basics of stroke technique and strategy to be able to play on their middle and high school teams.

**Level 6:** This is a two-hour class for 11-14 year olds who are mastering consistency and working on swing shapes, anticipation, decision-making, and tactical adjustments. These players are competing in the Grand Prix events, Sunday Challenge Ladder, and local USTA tournaments as requirements.

**Level 7:** This is a two-hour class for ages 14-18. These players are at the junior varsity level, working on doubles and singles tactics with aspirations of playing at the varsity level. The Sunday Challenge Ladder is highly recommended.

**Level 8:** This is a two-hour class for ages 14-18. These varsity level players experience an intense drill environment to sharpen strokes, conditioning, mental toughness, and tactics in preparation for local or sectional tournaments.