307 Lowell Street Andover MA 01810 (978) 373-1596 option 1



# Junior Indoor Tennis Lessons 2018-2019

## **LITTLE NUGGETS**

## 4 - 7 years old

Juniors will focus on athletic skills – hand-eye coordination, catching, throwing and tennis skills. Players will be divided by level: Pre-Rally and Rally. The goal is to have all juniors rally cooperatively over the net. Lessons will be taught using kid-size equipment – slower moving and lower bouncing red balls, shorter lighter racquets as well as smaller court. (45 min. class)

Offered: Monday, Wednesday, or Friday 3:45 - 4:30 pm

# JUNIOR 123 8+ years old

Juniors in this class will continue to develop athletic skills as well as work on the fundamentals of each stroke: groundstrokes (forehand and backhand), volleys, and serves with the ultimate goal of rallying. Classes will be divided by age. Court size, ball and racquet size will depend on age and skill level. (1 hour class)

Offered: Monday, Wednesday, or Friday 3:30 pm, 4:30 pm, 5:30 pm

### **FUTURE CHAMPS**

### 8 + years old

For the junior who has played some but is still working on their rallying skills. Juniors will continue to work on their athletic and tennis skills with a heavy focus on further developing their rallying skills and how to play. Classes will be divided by age. Court size, ball and racquet size will depend on age and skill level. (1 hour class)

Offered: Mondays 4:30 pm

Wednesdays 3:30 pm, 4:30 pm Friday 4:30 pm, 5:30 pm

### JUNIOR ACADEMY

### 8+ years old

This class is for juniors who have experience playing tennis and can sustain a consistent rally. Juniors will work on fundamentals of their tennis stroke while learning how to play from all positions on the court. Classes will be divided by age and ability. Court size, ball and racquet used will be determined by the skill level of the player. (1 1/2 hour class)

Offered: Tuesday, Thursday, or Friday 3:30 - 5:00 pm, 5:00 - 6:30 pm

# TOURNAMENT TRAINING 12+ years old

This class is for the high level junior player who should be playing USTA tournaments or on their High School team. Classes will be divided by age and ability. (11/2 hour class)

Offered: Tuesday or Thursday 3:30 - 5:00 pm, 5:00 - 6:30 pm

# **SESSION DATES:**

# Classes meet once a week for 6 weeks.

Session 1 Sept 17 - Oct 26
Session 2 Oct 29 - Dec 7
Session 3 Dec 10 - Jan 25
Session 4 Jan 28 - Mar 15

Session 5 Mar 18 - April 12 (4 weeks)

# Schedule notes:

\*No classes Nov 22nd, Nov. 23rd, Dec 31st, or Jan 1st. Those classes will be prorated.

\*No lessons will be held during MA School Vacation weeks during Sessions 3 & 4.

\*Session 5 is 4 weeks and will be prorated.

**FEES:** Little Nuggets \$ 90 per session

Future Champs/ JR 123 \$120 per session

Jr Academy \$180 per session

Tournament Training \$180 per session

A minumum of 3 participants required to run a class.

Complete registration form on reverse side and return to:

Cedardale Andover 307 Lowell Street Andover, MA 01810 Attn: Janelle

Contact Tennis Director
Adam Molda with questions.
(978) 373-1596 opt 1
amolda@cedardale-health.net

# CEDARDALE Health & Fitness - ANDOVER Junior Indoor Tennis Registration Form 2018- 2019



um of 3 Complete the registration form and return with full payment to: Cedardale Health & Fitness - Andover, 307 Lowell Street, Andover MA 01810.

Please make all checks pay, participants are required to	able to Cedarc run a class. Cal	Please make all checks payable to Cedardale, Inc. You will be notified only if we are unable to register you for the desired class. A minim participants are required to run a class. Call (978)373-1596 with questions.	i we are unable to regist	er you for the desired	class. A minim
Name					
Home Address		City	State	diZ	
Home Phone		Cell Phone	Work Phone		
Email					
JUNIOR TENNIS LESSONS - ANDOVER	- ANDOVER				
Participant's Name	DOB	Session(s) Attending	Class Name	Day & Time	Fee
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2.		1/2/3/4/5/AII			
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NOTE: All participants are auto-	enrolled into the	NOTE: All participants are auto-enrolled into the next session. If you do not wish to continue into the next session please notify us by week 5 of the current	tinue into the next session p	olease notify us by week	5 of the current
I consent to Cedardale, Inc. using a picture	. using a picture	e of my child in marketing material.	. Total for Classes	sses \$	
Signature:	Date				
Please keep in mind there are no makeups.	re no makeups				
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