## 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 $\quad 3: 30 \mathrm{pm}, 4: 30 \mathrm{pm}, 5: 30 \mathrm{pm}$

## 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)

$$
\begin{array}{lll}
\text { Offered: } & \text { Mondays } & 4: 30 \mathrm{pm} \\
& \text { Wednesdays } & 3: 30 \mathrm{pm}, 4: 30 \mathrm{pm} \\
& \text { Friday } & 4: 30 \mathrm{pm}, 5: 30 \mathrm{pm}
\end{array}
$$

## 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. (11/2 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. (1 1/2 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
Future Champs/ JR 123
Jr Academy
Tournament Training

## 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
\$ 90 per session
$\$ 120$ per session
\$180 per session
\$180 per session


Contact Tennis Director
Adam Molda with questions.
(978) 373-1596 opt 1
amolda@cedardale-health.net
CEDARDALE Health \& Fitness - ANDOVER
Com unior Indoor Tennis Registration Form 2018-2019
Complete the registration form and return with full payment to: Cedardale Health \& Fitness - Andover, 307 Lowell street, Andover MA 01810.
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 minimum of 3
participants are required to run a class. Call (978)373-1596 with questions.


