



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

LAKEWOOD-TRUMBULL YMCA FAMILY OUTDOOR CENTER

Tennis Schedule

Clinic: Our Wednesday through Saturday clinics are designed for players that already have a base knowledge of the game and a desire to truly step up their play. These groups will be much more one on one with coaching. The first day will be like that of a camp, in which the coach will assess each individual's strengths and weaknesses. The following days will be spent on training those weaknesses; specific to the player and building up proper form and technique in order to make each player strong in each area of tennis. The clinics will also involve more fitness than that of a camp, as the age level increases.

CLINICS 2 WEEK SESSIONS	WEDNESDAY, THURSDAY, FRIDAY & SATURDAY	Session 1 July 8-11 July 15- 18	Session 2 July 22-25 July 29 - August 1	Session 3 August 5 - 8 August 12 - 15
JUNIOR (6-9)	9:00 AM 10:15 AM	Member \$96	Member \$96	Member \$96
INTERMEDIATE (10-13)	9:00 AM 10:15 AM	Member \$96	Member \$96	Member \$96

Classes: Our Monday, Wednesday, Saturday classes are designed for first time tennis players and also those that want to solidify all of the crucial strokes and strategy that comes along with the game. Drills are more group oriented and players will have a chance to play with and against one another. Each class will be split up into two groups in order to have each player get the max amount of teaching and hitting into their lesson. Lessons will have specific topics each day, until each important area of tennis is met, and players feel confident in their ability in each of these areas.

CLASSES 2 WEEK SESSIONS	MONDAY/ WEDNESDAY	SATURDAY	Session 1 July 6-11 July 13- 18	Session 2 July 20-25 July 27- August 1	Session 3 August 3 - 8 August 10 -15
PEE WEE (3-5)	10:30-11:15AM	10:00-10:45AM	Member \$72	Member \$72	Member \$72
JUNIOR (6-9)	11:30-12:15PM	11:00-11:45AM	Member \$72	Member \$72	Member \$72
JUNIOR (10-13)	12:30-1:30PM	12:00-1:00PM	Member \$84	Member \$84	Member \$84
INTERMEDIATE (10-13)		1:15-2:15PM	Member \$84	Member \$84	Member \$84
INTERMEDIATE (14+)	2:30-3:45PM	2:30-3:45PM	Member \$96	Member \$96	Member \$96

LAKEWOOD-TRUMBULL YMCA

Family Outdoor Center

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Tennis Levels and Descriptions

PEE WEE TENNIS (3-5)

These lessons are geared for boys and girls to work on developing a core sense of hand/eye coordination, agility, and introduces fundamental tennis skills in a fun environment. Includes games, activities, drills, team play, and one on one instruction to better develop and create a love for tennis.

JUNIOR TENNIS (10-13)

These lessons are designed to solidify fundamentals, Children will be doing more activities and games that teach them proper form and technique that apply to reaching the next level in their tennis game. Children will learn how to properly hit a forehand, backhand, volley, and serve, as well as the ready position, and positioning on a court during match play.

INTERMEDIATE TENNIS (14+)

These lessons are geared for children desiring to improve tennis skill as well as fitness. Drills are focused to assess both tennis ability and fitness, since fitness is a large part of tennis. Match play among the players will be encouraged as well as some games geared towards team building and building a strong mental awareness for the game. Children will spend much of their time in real match situations, playing out singles or doubles points.

JUNIOR TENNIS (6-9)

These lessons are designed to build off of already learned knowledge of tennis and to help create strong fundamentals in order to be able to take your child's ability to the next level. No previous ability is necessary. Children will be split up into two groups depending on previous knowledge of the game. Includes a stronger focus on the basic strokes (forehand, backhand, volley, and serve) and teaches your child how to rally.

INTERMEDIATE TENNIS (10-13)

These lessons are designed to take the fundamentals, and go greater in depth on match play. Children will be doing more activities and games that teach them core concepts and strategies that apply to reaching the next level in their tennis game. Concepts like: importance of cross-court, down the line, playing offensive vs. defensive, and positioning.