

GAC YOUTH TENNIS

11 & Up Fall 2017 Session 2: November 6 - December 16 (5 weeks)

TEEN TENNIS

Monday 7:00– 8:00 p.m. / Wednesday 7:00– 8:00 p.m.

For players 11 years & older who are at the beginning level of tennis play. The emphasis will be on the fundamentals of the game which include stroke production, terminology, and scoring. Kids will learn to use basic footwork skills, refine ground strokes, change direction of the ball, move to the net, volley, score a tiebreak, and to know the rules of the game.

| | | |
|------------|-----------------------|-----------------------|
| Member | 1x per week: \$ 75.00 | 2x per week: \$127.50 |
| Non-Member | 1x per week: \$100.00 | 2x per week: \$170.00 |

TOURNAMENT PREPARATION

Tuesday 6:30– 8:00 p.m. / Thursday 6:30– 8:00 p.m.

This program is for intermediate junior players who have successfully completed the Green and/or Green Elite program or who have been evaluated by one of our pros. Players at this level are beginning to play USTA sanctioned tournaments. Three years of prior lesson experience is recommended. The class will explore and apply techniques and tactics for competitive play. Advancement process is based on skills testing and tournament results.

| | | |
|------------|-----------------------|-----------------------|
| Member | 1x per week: \$112.50 | 2x per week: \$191.25 |
| Non-Member | 1x per week: \$150.00 | 2x per week: \$255.00 |

HIGH PERFORMANCE TRAINING

Monday 4:00– 6:00 p.m. / Wednesday 4:00– 6:00 p.m.

This program is designed for players who are dedicated to playing high school tennis or are competing in USTA sanctioned tournaments. Age is not a determining factor for acceptance into this program. This class includes advance footwork, dynamic patterns of play, refined technique, and competitive point play. Players will be encouraged to play in USTA sanctioned tournaments or in GAC in-house match play/leagues. Players who are unsure of their skill level may contact the Tennis Department to schedule an evaluation with either Don Leavy or Art Grundy.

| | | |
|------------|-----------------------|-----------------------|
| Member | 1x per week: \$150.00 | 2x per week: \$255.00 |
| Non-Member | 1x per week: \$200.00 | 2x per week: \$340.00 |

NOTE: There will be NO classes the week of THANKSGIVING (November 20-24, 2017)

To register or for more information contact Cris Frye at (810) 606-7522 or email her at Crisanne.frye@ascension.org
To register online visit gac.clubautomation.com (must have a registered email address with GAC/Tennis)

PAYMENT IS DUE prior to the first lesson of each session.

Genesys Athletic Club is not responsible for lessons missed and **NO REFUNDS OR CREDITS** will be issued.

If an opening exists after the start date of a class, the fee will be prorated.



Stay up to date with GAC updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @GACfit and also stay in the loop by visiting us online at www.genesysathleticclub.com!

GENESYS
ATHLETIC CLUB

GAC YOUTH TENNIS

10 & Under Fall 2017 Session 2: November 6— December 16 (5 weeks)

PEE WEE

Tuesday 5:30-6:15 p.m. / Saturday 9:00-9:45 a.m.

Open to kids 4-5. Pee Wee Tennis is a fun class with simple tasks and games to get the kids familiar with the racquet, ball, movements, and strokes. We utilize the "Tennis Whiz" philosophy to be a complete pre-school tennis program that fosters the healthy mental, physical, and emotional growth for our youngest players. Kids will learn basic motor skills, racquet handling and control, hitting and basic strokes, social skills, and early literacy skills

Member: 1x per week: \$56.25 / 2x per week: \$95.62

Non-member: 1x per week: \$75.00 / 2x per week: \$127.50

RED 1,2

Tuesday 5:30-6:30 p.m. / Thursday 5:30-6:30 p.m. / Saturday 10-11a.m.

Open to kids ages 6 to 8. At this level, the main focus is for players to serve, rally, and score as soon as possible. In Red 1, beginning players will learn to serve with a simple action, how to track and move to the ball, build on balance and coordination skills, use simple stroking motion, build a rally, keep score and learn basic rules. Red 2 is for intermediate players. They will learn to refine their serve, judge ball depth & direction, use basic footwork skills, refine ground strokes, change direction of the ball, move to the net, volley, score a tiebreak, and know rules of the game.

Member: 1x per week: \$75.00 / 2x per week: \$127.50

Non-member: 1x per week: \$100.00 / 2x per week: \$170.00

ORANGE

Monday 6:00– 7:00 p.m. / Wednesday 6:00– 7:00 p.m.

Open to kids 8-10. Orange players will learn to refine the serve to increase direction & speed, track the faster moving ball, increase movement speed, coordination, and balance. They will also learn to increase spin and speed on ground strokes to move the opponent, learn court awareness as they link shots into patterns of play and on approach shot and volley using sound patterns and technique. Play is on an official USTA 60' court.

Member: 1x per week: \$75.00 / 2x per week: \$127.50

Non-member: 1x per week: \$100.00 / 2x per week: \$170.00

ORANGE ELITE

Monday 5:00—6:30 p.m. / Wednesday 5:00—6:30 p.m.

Entrance into this class is by evaluation only. Please contact Renee Hand (810) 577-6259 to set up an evaluation. For kids 8-10 who are serious tennis players participating in USTA tournaments and Jr. Tennis events. These players will be challenged as they learn to use the serve as a "weapon" keeping the returner back. Learn to: master complex coordination & balance; anticipate opponent's position by watching swing shape; take time away from opponent & using patterns to play effectively; be aggressive at the net and good decision making.

Member: 1x per week: \$112.50 / 2x per week: \$191.25

Non-member: 1x per week: \$150.00 / 2x per week: \$255.00

GREEN

Tuesday 6:30– 8:00 p.m. / Thursday 6:30– 8:00 p.m.

Open to kids 9-12 years old. Players will refine their strokes. They will learn: better shot selection; more dynamic footwork patterns; and an understanding of offensive & defensive situations. Players will also be taught how to identify the strengths and weaknesses of their opponents. Play will be on an official USTA full-sized (78') court with lower compression balls.

Member: 1x per week: \$112.50 / 2x per week: \$191.25

Non-Member: 1x per week: \$150.00 / 2x per week: \$255.00

GREEN ELITE

Monday 6:30-8:00 p.m. / Wednesday 6:30-8:00 p.m.

Entrance into this class is by evaluation only. Please contact Renee Hand (810) 577-6259 to set up an evaluation. For kids 8-12 who are serious tennis players participating in USTA tournaments and Jr. Tennis events. These players will learn to use both first and second serves with depth & direction to move the opponent; use the combination of height & depth on groundstrokes to force opponents back; defend with a variety of shots when out of position & against net players; master a greater range of net skills; and develop court presence.

Member: 1x per week: \$112.50 / 2x per week: \$191.25

Non-Member: 1x per week: \$150.00 / 2x per week: \$255.00

PLEASE SEE REVERSE SIDE OF THIS FLYER FOR REGISTRATION INFORMATION



Stay up to date with GAC updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @GACfit and also stay in the loop by visiting us online at www.genesysathleticclub.com!

GENESYS
ATHLETIC CLUB