

2025-2026 Junior Tennis Program Class Basic Descriptions

Beginner: Red, Orange and Green

Mondays/Wednesdays 5:00pm-6:00pm

- Will learn basic strokes such as serves, groundstrokes, and volleys with low consistency as a baseline
- Focus on development of basic strokes with correct technique (grips, follow through)
- Improve consistency of technique
- Improve coordination and comfort while moving around the court (Athletic competency)
- Goal of getting players to enjoy being out on the court
- Transition players from Red to Orange to Green as appropriate for skill and age

Intermediate 1

Mondays/Wednesdays 4:00pm-5:00pm

- Should have ability to hit all basic strokes such as serves, groundstrokes, and volleys with low consistency as a baseline
- Focus on development of basic strokes with correct technique (grips, follow through)
- Improve consistency of technique with introductions to playing points/rallying and scoring
- Improve coordination and comfort while moving around the court (Athletic competency)
- Required attendance one Friday Match Play date each month.
- All courts use Yellow ball

Intermediate 2

Tuesday/Thursdays 4:30pm-6:00pm

- Should have ability to hit all basic strokes such as serves, groundstrokes, and volleys with moderate consistency
- Focus on continued development of basic strokes with correct technique (spins, grips, follow through), serve and returns, basic match play (score keeping and gaining experience in matches), refinement of footwork and movement (ex. split steps, shuffling back to middle)
- Required attendance one Friday Match Play date each month.
- Improve coordination and comfort while moving around the court (Athletic competency)
- Intermediate 2 players consider themselves competitive vs recreational/casual

- Most athletes at this level are either taking lessons or playing in addition to the two classes per week

Advanced

Tuesday/Thursdays 6pm-7:30pm

- Should already have dependent serves, groundstrokes, volleys to compete in point play with spin variety and placement
- Focus on match play, consistency, refining technique of strokes and learning specialty shots, strategy, and conditioning
- Improved situational awareness and problem-solving during point play
- Required attendance rate of 80% per month to ensure development and consistency in the players including two Friday Match Play dates each month
- Players are required have tournament/high school tennis experience and maintain competitive play throughout enrollment

Not all players will reach the Advanced class