

Our staff of USPTA certified teaching professionals are ready to assist you in choosing the right class for you. Our programs offer a variety of options depending on how serious you want to get. From the recreational tennis player to the tournament player, our staff will design a program that will best suit your goals. Lessons, leagues, mixers, travel matches, tournaments are all a part of our program, from juniors to seniors. Call 231-534-6776, for more information.

## **ADULT PROGRAMS**

Online sign up is available for these classes.

### **2011-2012 SESSION DATES**

Fall Session: Week of September 12 - December 4

Winter Session: Week of December 5 - March 4

Spring: Week of March 5 - June 3 (*off for Spring Break*)

### **TENNIS IN NO TIME!**

Adult Beginner/Advanced Beginner Program

Wednesday 10am - 11:30am • Thursday 5:30pm - 7pm • Saturday 9am - 10:30am

Cost per class: \$110 for Members • \$160 for Non-Members  
Basic skills: Ground-strokes, volleys, serve and service return will be covered. Basic singles and doubles positioning, movement, along with the different strategies will be covered to get you going right away. Emphasis will be on getting students comfortable with basic strokes and playing right away. 1 hour of instruction and 1/2 hour of unsupervised match play.

### **ADULT INTERMEDIATE (3.0 Level)**

Professionals: Anne Starr, USPTA

Monday 6pm - 8pm • Wednesday 10am - Noon

Cost per class: \$144 for Members • \$203 for Non-Members

One hour of instruction followed by one hour of unsupervised match play. Basic skills: Ground-strokes, volleys, serve and service return will be reviewed along with more advanced skills. Emphasis will be on getting students feeling comfortable playing in mixers, social tennis and local tennis events.

### **3.5 WOMEN'S SINGLES DRILL & PLAY**

Tuesday 9am - 11am

Cost: \$144 for Members • \$203 for Non-members

One hour of instruction followed by one hour of unsupervised match play. Strokes that are beneficial to singles will be emphasized along with singles strategies. Singles pattern work and specific situations and how to react to them. Limit 6 students.

### **3.5/4.0 WOMEN'S DOUBLES DRILL & PLAY**

Friday 8:30am - 10am

Cost: \$165 for Members • \$200 for Non-Members

One and 1/2 hours of instruction. More advanced skills, stroke techniques and shot combinations will be taught along with doubles strategy and tactics. Modern strokes and spins will be introduced along with other specialty shots.

### **4.0 Women's Singles Drill and Play**

Wednesday 9am - 11am • 12 weeks

Cost: \$144 for Members • \$203 for Non-Members

One hour of instruction followed by one hour of unsupervised match play. More advanced strokes that are beneficial to singles will be emphasized along with singles strategies. Singles pattern work and specific situations and how to react to them will be covered. Limit 8 students.

### **4.0 Women's Doubles Drill and Play**

Friday 11am - 1pm • 12 weeks

Cost: \$144 for Members • \$203 for Non-Members

One hour of instruction followed by one hour of unsupervised match play. More advanced strokes that are beneficial to doubles will be emphasized along with advanced tactics that will start making you think. Limit 8 students.

## **WEEKLY SIGN-UP CLASSES**

### **CARDIO TENNIS**

Saturday 9am - 10am

Cost: \$15 for Members • \$20 for Non-Members

Great Family Workout! Taught by a Certified Tennis Professional. This class is a typical cardio tennis program and includes a warm-up, cardio workout, and cool-down phase all within a drill-based workout. Sign-up at the Health Club Desk prior to class.

### **WEEKEND WORKOUT**

Saturday 10am - 11am

Cost: \$15 for Members • \$20 for Non-Members

Great Family Workout! Similar format to Cardio Tennis, but less emphasis on the target heart rate and more emphasis on points with the pros and hitting a lot of balls! A lot of players go straight from Cardio Tennis to the Weekend Workout. Class is cancelled two hours out if no sign-up. Sign-up at the Health Club Desk prior to class.

**For more information on our tennis programs call 231-534-6776 or [www.grandtraversetennis.com](http://www.grandtraversetennis.com).**

# TENNIS



## Adult & Junior Programs



## **JUNIOR TENNIS PROGRAMS**

### **2011-2012 SESSION DATES**

Fall 1: Week of September 12 - October 23  
Fall 2: Week of October 24 - December 4  
Winter 1: Week of December 5 - January 22  
Winter 2: Week of January 23 - March 4  
Spring 1: Week of March 5 - April 22 (*off for Spring Break*)  
Spring 2: Week of April 23 - June 3

### **LEVEL 1: RED COURT**

Ages 4-6 • 6 weeks  
Monday and/or Wednesday 4:30pm - 5:30pm  
Saturday 10:30am - 11:30am  
Members: \$60 one day per week • \$100 two days per week  
Non-Members: \$72 one day per week • \$120 two days per week  
Classes will include: 1 hour of tennis • Pizza after class •  
Separate special events (parent/child, weekend mixers, etc) •  
Students who wish to swim after class must have an adult guardian to supervise

The goal is to get playing right away using modern strokes and tactics, but even more importantly, getting them trained on the ABC's (agility, balance and coordination). This is very important to instill now before the "window" closes.

### **LEVEL 2: ORANGE COURT**

Ages (7-10) • 6 weeks  
Monday and/or Wednesday 4:30pm - 6pm  
Saturday 10:30am - Noon  
Members: \$84 one day per week • \$155 two days per week  
Non-Members: \$100 one day per week • \$185 two days per week  
Classes will include: 1 hour of tennis • Pizza after class  
• Separate special events (parent/child, weekend mixers, etc.)  
• Students who wish to swim after class must have an adult guardian to supervise

Class designed for junior player looking to play for fun or more competitively. The USTA will officially using the green dot transition ball in all 10 and under events that are level 5 and 6. All basic and more advanced strokes will be covered along with tactics and strategy. Emphasis will be on preparing players to play matches.

### **LEVEL 3: GREEN COURT**

An ADVANCED 10 and Under Program  
Ages 8-10 (Advanced players of this age) • 6 weeks  
Monday and/or Wednesday 4:30pm - 6pm  
Saturday 10:30am - Noon  
Members: \$84 one day per week • \$155 two days per week  
Non-Members: \$100 one day per week • \$185 two days per week  
Classes will include: 1 hour of tennis • Pizza after class •  
Students who wish to swim after class must have an adult guardian to supervise

The goal is to get players ready for more advanced competition. Players in this class should be taking advantage of the "Supervised Match Play" on Fridays. Players in this class should be working on technical and tactical skills that will help them play more comfortably and effectively in travel matches and USTA tournaments. Players in this class should feel comfortable with singles and doubles positioning and have the basic tactics and strategies down.

### **LEVEL 4**

Ages 10-13 • 6 weeks  
Monday/Wednesday 4:30pm-6pm  
Cost: \$188 for Members • \$220 for Non-Members

This is a hard ball class with full court. Juniors should be comfortable with the basic stroke along with basic singles and doubles strategy. Juniors in this class are starting to play competitively either in a league, travel match or in their first tournament. All strokes and strategies needed to compete will be emphasized. Competitive situations are a regular part of this class. Ratios will be lower in this class (6:1 max).

### **LEVEL 5**

Tuesday/Thursday 4pm -5:30pm • 6 weeks  
Cost: \$188 for Members • \$220 for Non-Members

Class designed for the middle school and younger tournament players. Juniors in this class play travel matches and tournaments and are starting to achieve a District USTA ranking. Emphasis will be on preparing all juniors for upcoming tournaments and travel matches. Juniors in this class should be participating in class, supervised match play, travel matches and entry level tournaments.

### **LEVEL 6**

Middle School and High School Players  
Tuesday/Thursday 4pm - 5:30pm • 6 weeks  
Cost: \$188 for Member • \$220 for Non-Members

Class designed for the middle school and high school/tournament player. Juniors in this class are striving to play tournaments and prepare for high school seasons. Emphasis will be on preparing all juniors for upcoming tournaments and travel matches. Juniors should be striving for a ranking in this class. Junior players in this class should be participating in class, supervised match play, travel matches and tournaments.

### **LEVEL 7**

Tuesday/Thursday 5:30pm-7pm • 6 weeks  
Cost: \$188 for Members • \$220 for Non-Members

Class designed for the high school player and competitive junior tournament player. Players in this class are striving for junior rankings and possibly even college tennis. Players must play out of class each week to remain in this class. Preparation for upcoming tournaments and matches will be the focus as well as the situations needed to excel at this level. Junior players in this class should be participating in class, supervised match play, travel matches and tournaments.

## **JUNIOR PRIVATE LESSONS**

Do you prefer more individual attention?  
Then private lessons may be for you!

1 Hour Private Lesson: \$55/members • \$70/non-members  
Group of 5 or more: \$15 per person

Lesson Series (5 one hour lessons):  
\$225/members \$300/non-members

## **CUSTOM RACQUET STRINGING**

Did you know that you should get your racquet strung as many times a year as you play in a week? We offer full service racquet stringing. Bring in your racquet and we will have it ready the next day. We re-grip racquets, build up grips and have vibrasorbs and other accessories available. Just drop your racquet off at the Health Club Desk, fill out the stringing tag and you are all set!