

Fall 2016 AFTER SCHOOL | TENNIS PROGRAM



Bay Oaks Country Club offers a well rounded After School Tennis Program for beginners to advanced players. Our instructors are USPTA-certified with proven teaching techniques and latest sports science knowledge to ensure students are receiving the best instruction. We utilize transitional balls, developmental progressions and proper movement sequencing so that students develop proper stroke mechanics. Advanced levels will focus on learning an all-court game, point construction, proper positioning and strategy for singles/doubles and problem solving skills, plus on-court strength and conditioning to prepare the student for competition. Sportsmanship skills, proper etiquette and rules of the game are also covered.

HOT SHOTS (AKA Red Ball I) Thursday 3:45 – 4:15 p.m.

Ages 4 – 6. This introductory class includes an overview of the game of tennis, transition balls, smaller racquets, as well as fun games and drills working on ball tracking, movement and striking skills.

Daily Fee: \$8 Member | \$15 guest

BIG SHOTS (AKA Red Ball II) Thursday 4:15 – 5 p.m.

Ages 5 – 7. Graduates of Hot Shots, or students with athletic development, are invited to this group where we will focus on proper technique of basic strokes and transition balls with fun drills. Games are used for proper tracking and development of movement skills.

Fee: \$10 Member | \$17 guest

SHINING STARS (AKA Orange Ball I) Monday 4 – 5 p.m.

Ages 7 – 9. In this group, students continue to develop their skills with the use of compression balls. It focuses on proper stroke production to move towards rallying and point play. Rules, scoring and proper etiquette are also covered.

Fee: \$13 Member | \$20 guest

FUTURE STARS (AKA Orange Ball II) Monday and Wednesday 5 – 6 p.m.

Ages 8 – 10. Graduates of Shinning Stars are welcome in this group, which continues to focus on refining stroke production and rallying skills, plus introduces point play and competition for the young athlete.

Fee: \$13 Member | \$20 guest

ROOKIES (AKA Green Dot Ball) Tuesday 5 – 6:30 p.m.

Ages 8 – 10. For graduates of Future Stars, this group is the final transition before moving into higher junior development class. We continue to learn stroke production, with a focus on serving mechanics, plus basic positioning and strategy for singles and doubles play.

Fee: \$20 Member | \$27 guest

JUNIOR DEVELOPMENT I & II Thursday 5 – 6:30 p.m.

Ages 10 – 14. Geared for the intermediate player who wants to make their school's tennis team, this class's focus moves from proper stroke production to developing better ball control (depth, spin, height, angles and power of their shots). Live ball feeding and games play a major roll in the learning process.

Fee: \$20 Member | \$27 guest

ELITE

Monday and Wednesday 5 – 7 p.m.

Ages 11 – 17. Designed for tournament level or high school players, this class utilizes advanced drills to develop and improve competitive skills as well as point play situations. On- and off-court conditioning is used to prepare our students for battle on the courts. Participants in the Elite class are required to competing in USTA tournaments.

Fee: \$28 Member | \$35 guest

Contact the Club to register your child today!

Warren Rohmfeld, Director of Tennis & Athletics
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*Participants should consult a health care provider to determine if the tennis program is right for their needs. All participants may be required to sign a release upon enrollment. See Club for details. © ClubCorp USA, Inc. All rights reserved. 32099 0816 SJ

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