

Fall &

Winter

2019/2020



HIGHLAND MEADOWS  
TENNIS CENTER

# JUNIOR TENNIS PROGRAMS



CLASSES	MON	TUES	WED	THURS	FRI	SAT
Quick Start	6:00-7:00					
Explorers (60' court)						11:00-12:30
Challengers (11+ year olds)			4:00-5:30			2:00-3:30
Jr. Development		4:30-6:00			4:30-6:00	
Jr. Competitive	4:30-6:00			4:30-6:00		

**SESSION PRICING - 8 CLASSES** (except Quick Start and Explorers –4 classes)  
**12% Discount for participants in 2019 HMTTC Summer Program**  
*PRICING FOR SESSIONS 1, 2, 8 and 9*  
 Member: \$160 Non-Member: \$220 OR Drop-in - Member: \$24 Non-Member: \$30  
*PRICING FOR SESSIONS 3, 4, 5, 6 and 7*  
 Member: \$182 Non-Member: \$248 OR Drop-in - Member: \$26 Non-Member: \$35

<b>Session 1</b>	Aug 19– Sept 14
<b>Session 2</b>	Sept 16—Oct 12
<b>Session 3</b>	Oct 14—Nov 9
<b>Session 4*</b>	Nov 11—Dec 21 (6 weeks)
<b>Session 5</b>	Jan 6—Feb 1
<b>Session 6*</b>	Feb 3—Feb 22 (3 weeks)
<b>Session 7</b>	Feb 24—Mar 28
<b>Session 8</b>	Mar 30– April 25
<b>Session 9</b>	April 27—May 23

### Quick Start (minimum of 4 participants) Ages 5-7

Uses the USTA endorsed 10 & Under tennis format for kids to learn tennis, rally and begin to play in an enjoyable and rewarding environment.

Session: Member \$52 Non-Member \$66 OR Drop-in: Member \$16 Non-Member: \$19 - No Discounts

### Explorers

Emphasizes the proper techniques for all the basic strokes in tennis. Footwork, focus, and reaction time skills are developed. This class uses the 60' court and the orange and green low compression balls.

Session - Member: \$88 Non-Member: \$112 OR Drop-in - Member: \$24 Non-Member: \$32

### Challengers

Primary focus for students is movement with proper stroke mechanics. Instructors emphasis correct grips for all shots. Live ball drills and games are used to prepare them for match play. This class uses both Green and yellow balls.

Wednesday Only and Saturday Only Sessions will be Offered (or both days)

### Jr. Development

Structured for middle school varsity or high school junior varsity players to refine developing skills, consistency, footwork, match play and strategy.

### Jr. Competitive

Offers an intensive training program for the high school varsity and tournament level player. Focus will be on work ethic, conditioning, mental toughness, winning strategies, point production, and sportsmanship.

\*Sessions 4 & 6 will be pro rated

No Classes: Oct 10-12, Nov 28-30, Dec 23-Jan 4, March 16-21

Call 970-217-9291 to sign up!

[www.HighlandMeadowsTennisCenter.com](http://www.HighlandMeadowsTennisCenter.com)