

### QuickStart

11 Weeks	½ hour	\$110/day Member	\$121/day Non-Member
11 Weeks	1 hour	\$209/day Member	\$242/day Non-Member

#### Red Ball

This program is designed for children ages 4-6 with the goal of introducing the FUNdamentals of tennis. Children use modified equipment and a smaller court to improve their ability to rally and play while developing their coordination and balance skills.

AGES	DAY	TIME
4 - 6	Monday*	5:00pm - 6:00pm
4 - 6	Tuesday*	4:00pm - 5:00pm
4 - 6	Thursday*	4:00pm - 5:00pm
4 - 6	Friday*	4:00pm - 5:00pm
4 - 6	Saturday*	9:00am - 10:00am

#### Orange Ball

Designed for children ages 7-8, this program expands on the player's ability to rally. While continuing to improve their coordination and balance, players will learn proper technique, grip selections, serve, footwork patterns, and preparation. Competitive play is introduced through game-based drills on the 60' court.

AGES	DAY	TIME
7 - 8	Monday*	5:00pm - 6:00pm
7 - 8	Tuesday*	4:00pm - 5:00pm
7 - 8	Thursday*	4:00pm - 5:00pm
7 - 8	Friday*	4:00pm - 5:00pm
7 - 8	Saturday*	9:00am - 10:00am

#### Green Dot Ball

The United States Tennis Association, Midwest Division mandates all 10 and under sanctioned tournaments to be played with a modified ball on a 78' court. This program is designed to help players adapt to the challenges of the full court while maintaining proper techniques. Coaches will begin encouraging match play tournaments for those interested. Game-based drills will encourage competition and improve footwork and reactions.

AGES	DAY	TIME
9 - 10	Monday*	5:00pm - 6:00pm
9 - 10	Tuesday*	4:00pm - 5:00pm
9 - 10	Thursday*	4:00pm - 5:00pm
9 - 10	Friday*	4:00pm - 5:00pm
9 - 10	Saturday*	9:00am - 10:00am

#### Tiny Tots

This class is designed to get your toddler introduced to the game of tennis. Through fun hand-eye coordination drills and an introduction to the basic strokes, your child will learn to love tennis. The children will use a smaller court and appropriate racquets and balls to start learning the game.

AGES	DAY	TIME
2 ½ - 4	Monday*	12:15pm - 12:45pm
2 ½ - 4	Wednesday*	3:30pm - 4:00pm

\*All classes held at Four Seasons Tennis Club.

### Junior Development

11 Weeks	1½ hours	\$303/day Member	\$363/day Non-Member
11 Weeks	2 hours	\$418/day Member	\$484/day Non-Member

#### Level 1

This player will learn and establish a solid tennis foundation. Ranging from beginner to advanced beginner, players will develop the fundamental techniques in all strokes and the tactics for using those techniques. They will have a full understanding of both singles and doubles play.

AGES	DAY	TIME
11+	Wednesday*	6:00pm - 7:30pm
11+	Thursday*	5:00pm - 6:30pm
11+	Saturday*	10:00am - 11:30am

#### Level 3

This player is interested in or is already playing JV with goals of reaching Varsity for their high school team. Instruction will focus on developing and improving sound fundamentals, including grips, spins, footwork, and preparation.

AGES	DAY	TIME
14+	Tuesday*	5:00pm - 6:30pm
14+	Thursday	4:00pm - 6:00pm
14+	Saturday*	10:00am - 11:30am

#### Level 2

This program is for those players with basic tennis knowledge. Although stroke mechanics will be an important part of each class, consistency and control, spins, placement, and other more advanced techniques will be developed at this level. Players will also learn singles and doubles strategy and tactics.

AGES	DAY	TIME
11+	Tuesday*	5:00pm - 6:30pm
11+	Wednesday*	6:00pm - 7:30pm
11+	Saturday*	10:00am - 11:30am

#### Level 4

These players are already on the Varsity team but do not actively compete in USTA tournaments. This program will focus on improving their ability to compete at the high school Varsity level by working on situational point play, patience, consistency, point structuring, and intelligent shot selection.

AGES	DAY	TIME
14+	Wednesday*	6:00pm - 8:00pm
14+	Thursday	4:00pm - 6:00pm

### Tournament Performance

11 Weeks	1½ hours	\$303/day Member	\$363/day Non-Member
11 Weeks	2 hours	\$418/day Member	\$484/day Non-Member

Western's Tournament Performance Program is a place for motivated young athletes to maximize their potential on and off the courts. Through tennis, these players will learn skills like determination, dedication, critical thinking, and teamwork to help them achieve their goals. This program is geared toward players that desire to be pushed in a variety of drills and situational point play. In the group activities, athletes work on specific skills through game-based drills. They also refine their technique, footwork, reactions, and other skills through repetitive, pro-fed drills. **There are several tournaments each year that players (9 and up) will be recommended to play.**

AGES	DAY	TIME
Gold	Monday	4:00pm - 6:00pm
Gold	Wednesday	4:00pm - 6:00pm

AGES	DAY	TIME
Platinum	Monday	4:00pm - 6:00pm
Platinum	Wednesday	4:00pm - 6:00pm



# TENNIS U

WESTERN  
RACQUET & FITNESS CLUB

## Junior Programs

MARCH 25TH, 2024 - JUNE 9TH 2024



PRRST ST  
US POSTA  
PAID  
GREEN BAY  
PERMIT 6

2500 South Ashland Avenue  
Green Bay, WI 54304

WESTERN  
RACQUET & FITNESS CLUB



### Registration Form

Please complete this registration form, and send with payment to Western.

**No refunds for missed or dropped classes.**

Make up classes may be scheduled with the Director of Tennis



Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ E:mail: \_\_\_\_\_

Level Entering: \_\_\_\_\_ Day/Time: \_\_\_\_\_

#### Payment Required at Time of Registration

Form of Payment (circle one)    Check    Credit Card    Member Account

Credit Card Number: \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_ Zip: \_\_\_\_\_

Amount Paid or Charged to Member Account: \$\_\_\_\_\_

#### WAIVER & INDEMNITY AGREEMENT:

Acceptance of entry into this program is without responsibility of any kind by Western Racquet & Fitness Club, its associates, or any other entity sponsoring the event. I do hereby, for and on behalf of my heirs, my legal representatives, and myself, release and forever discharge Western Racquet & Fitness Club, its associates, or any other entity sponsoring the program from any claim of injury howsoever arising. The student over 18 years of age, parents, and or legal guardian, by signing below does hereby agree to indemnify and hold harmless Western Racquet & Fitness Club, its associates, and sponsoring firms from any liability that may occur to the entrant during the programs.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date