

QuickStart

Thurs - Sat (5 weeks)	1 hour	\$95/day Member	\$110/day Non-Member
Thurs - Sat (5 weeks)	½ hour	\$45/day Member	\$58/day Non-Member
Mon - Wed (5 weeks)	1 hour	\$95/day Member	\$110/day Non-Member
Mon - Wed (5 weeks)	½ hour	\$45/day Member	\$58/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

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

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

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

Thurs - Sun (5 weeks)	2 hours	\$190/day Member	\$220/day Non-Member
Thurs - Sun (5 weeks)	1½ hours	\$143/day Member	\$165/day Non-Member
Mon - Wed (5 weeks)	2 hours	\$190/day Member	\$220/day Non-Member
Mon - Wed (5 weeks)	1½ hours	\$143/day Member	\$165/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
14+	Sunday*	2:30pm - 4:30pm

Tournament Performance

Thurs - Sun (5 weeks)	2 hours	\$190/day Member	\$220/day Non-Member
Thurs - Sun (5 weeks)	1½ hours	\$143/day Member	\$165/day Non-Member
Mon - Wed (5 weeks)	2 hours	\$190/day Member	\$220/day Non-Member
Mon - Wed (5 weeks)	1½ hours	\$143/day Member	\$165/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
Gold	Sunday	3:00pm - 5:00pm

AGES	DAY	TIME
Platinum	Monday	4:00pm - 6:00pm
Platinum	Wednesday	4:00pm - 6:00pm
Platinum	Sunday	3:00pm - 5:00pm

Advanced Orange/Green Ball

Designed for those 10 and under tournament players who plan on transitioning into 12 and under tournaments. Drills will intensify their current play with the Orange/Green Dot ball, put them in difficult match play situations and prepare them for the challenges ahead. These players will be expected to move into our older Tournament Performance program when ready, as well as take part in USTA sanctioned tournaments and Club match play events. Goals will be set and expectations established.

AGES	DAY	TIME
6-10	Tuesday	4:00pm - 5:30pm
6-10	Friday	4:00pm - 5:30pm



TENNIS U

WESTERN
RACQUET & FITNESS CLUB

Junior Programs

FEBRUARY 1ST, 2021 - MARCH 7TH, 2021



PRRST ST
US POSTA
PAID
GREEN BAY
PERMIT 6

2500 South Ashland Avenue
Green Bay, WI 54304

WESTERN
RACQUET & FITNESS CLUB



TENNIS U

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

WESTERN
RACQUET & FITNESS CLUB

Name: _____ Birth Date: ____/____/____

Address: _____

City: _____ Zip: _____

Phone: (____) ____ - ____ E:mail: _____

Level Entering: _____ Day/Time: _____

Payment Required at Time of Registration

5% discount when paid in full - can be paid in three equal installments

Please check box if you wish to pay in installments.

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