

***No classes July 4th *All classes held at Four Seasons *Can sign up for all sessions at one time**

QuickStart

Red Ball, Orange Ball, Green Ball

Session 1: \$95 members/day/session \$110 non-members/day/session
 Session 2: \$114 members/day/session \$132 non-members/day/session

Tiny Tots

Session 1: \$50 members/day/session \$56 non-members/day/session
 Session 2: \$60 members/day/session \$68 non-members/day/session

Red Ball

This program is designed for children ages 4-8 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 - 8	Monday/Wednesday	3:30pm - 4:30pm
4 - 8	Tuesday/Thursday	9:00am - 10:00am

Orange Ball

Designed for children ages 6-10, 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
6 - 10	Monday/Wednesday	3:30pm - 4:30pm
6 - 10	Tuesday/Thursday	9:00am - 10:00am

Green Dot Ball

The United States Tennis Association, Midwest Division mandates all 10 and under sanctioned tournaments 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
8 - 11	Monday/Wednesday	3:30pm - 4:30pm
8 - 11	Tuesday/Thursday	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

Junior Development

Junior Development Levels 1-4

Session 1: \$142.50 members/day/session \$165 non-members/day/session
 Session 2: \$171 members/day/session \$198 non-members/day/session

Level 1

This player will learn and establish a solid tennis foundation. Ranging from beginner to advanced beginner levels, 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 - 14	Monday/Wednesday	4:30pm - 6:00pm
11 - 14	Tuesday/Thursday	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 - 14	Monday/Wednesday	4:30pm - 6:00pm
11 - 14	Tuesday/Thursday	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 and for some, an introduction to competition through fun, game-based drills. Singles and doubles strategy will be introduced.

AGES	DAY	TIME
14+	Monday/Wednesday*	4:30pm - 6:00pm
14+	Tuesday/Thursday	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+	Monday/Wednesday*	4:30pm - 6:00pm
14+	Tuesday/Thursday	10:00am - 11:30am

Register for Tennis U classes via the Western WellnessLiving app or online portal or scan the QR code.

Contact Jayson Memken at jayson.memken@westernracquet.com with questions.



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.

Silver Camp

Session 1: \$142.50 members/day/session \$165 non-members/day/session
Session 2: \$171 members/day/session \$198 non-members/day/session

This class uses the QuickStart method and is specifically designed for green dot and orange ball players that excel. Students will be challenged to amplify their current playing ability by putting them in match play and difficult drill situations.

AGES	DAY	TIME
6 - 11	Monday/Wednesday	9:00am - 10:30am
6 - 11	Tuesday/Thursday	3:00pm - 4:30pm

Gold Camp & Platinum Camp

Gold Camp	
Session 1:	\$285 members/session \$370 non-members/session
Session 2:	\$342 members/session \$396 non-members/session
Platinum Camp	
Session 1:	\$380 members/session \$440 non-members/session
Session 2:	\$456 members/session \$528 non-members/session

In these classes, players will learn determination, dedication, critical thinking, and team work to help them attain their tennis and life goals. Players should be driven and committed to playing a higher level of tennis. The Platinum Level is designed for our traveling tournament juniors with state rankings and high varsity level players. The Gold Level is designed for our juniors desiring to attain a state ranking and juniors at a high JV to varsity level.

Gold

DAY	TIME
Monday-Thursday	12:00pm - 1:30pm

Platinum

DAY	TIME
Monday-Thursday	1:30pm - 3:30pm

Register for Tennis U classes via the Western WellnessLiving app or online portal or scan the QR code.

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