

# SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPER PEE WEE</b>					3:30 - 4:15 PM
<b>PEE WEE</b>					4:15 - 5:00 PM
<b>JUNIOR STARS</b>	3:30 - 4:30 PM		3:30 - 4:30 PM		
<b>CHALLENGERS &amp; FUTURES</b>		3:30 - 5:00 PM		3:30 - 5:00 PM	
<b>JUNIOR PERFORMANCE</b>		5:00 - 6:30 PM		5:00 - 6:30 PM	
<b>COAC ACADEMY</b>	4:30 - 6:00 PM		4:30 - 6:00 PM		
<b>HOT SHOTS (Invite only)</b>		4:00 - 5:30 PM			

# JUNIOR TENNIS CLINICS



## REGISTRATION

Child's / Children's Name(s) \_\_\_\_\_  
 \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Please Mark Level:

- SUPER PEE WEE  
  PEE WEE  
  JUNIOR STARS  
  FUTURES  
 CHALLENGERS  
  COAC ACADEMY  
  JUNIOR PERFORMANCE

Child's Age: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_

Child's Birth Date: \_\_\_\_\_

With their child's participation in Junior Tennis Clinics, the parent/guardian releases Cathedral Oaks Athletic Club from any and all claims for damages, losses, or injuries that the their child may suffer in conjunction with the program.

Parent's Signature: \_\_\_\_\_

*Please note: If you are not a member of Cathedral Oaks Athletic Club, you will be asked to sign our payment agreement form. All current members will be charged to their payment method on file.*

*Clinics are ongoing monthly commitments and are billed whether or not every session is attended. Your child will be automatically enrolled for subsequent months unless we're provided a written cancellation notice prior to the end of the current month.*

**To learn more or submit this form,  
 email [tennis@swellclubs.com](mailto:tennis@swellclubs.com).**

# JUNIOR TENNIS CLINICS

Our programs introduce tennis to children based on age, physical size, and ability. By modifying the court dimensions, equipment, net height, and scoring system, coupled with a play component, children develop better technical and point playing skills.

36' RED COURT



## **SUPER PEE WEE** | LEARNING THE BASICS | AGE 4

Get familiar with the sport! This class allows tots to grasp basic racquet and ball skills in addition to practicing hand-eye coordination. They'll also enjoy fun games in a friendly environment. **Low compression foam balls are used on 36' red court. Monthly pricing: \$90 members, \$110 non-members (four sessions per month. If there is an additional day in the month, i.e. five Fridays instead of four, then you will be charged more that month)**

## **PEE WEE** | LEARNING THE BASICS | AGE 5

Learn the game while having fun in a kid-friendly environment! This class teaches the dynamic skills needed for the Jr. Stars group, such as hand-eye coordination, balance, racquet grip, and basic tennis stroke development. **Low compression foam balls are used on 36' red court. Monthly pricing: \$90 members, \$110 non-members (eight sessions per month. If there is an additional day in the month, i.e. five Fridays instead of four, then you will be charged more that month)**

60' ORANGE COURT



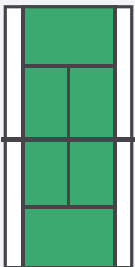
## **JUNIOR STARS** | FUN, EXERCISE-BASED GAMES | AGES 6 - 8

Players can sharpen their ABCs (agility, balance, and coordination) while beginning to develop more dynamic movement and footwork patterns that focus on sending and receiving. They'll also be introduced to topspin and underspin on both forehand and backhand strokes as well as the different grips used. Ability to intentionally place the ball short, deep, and side-to-side is crucial before graduating to the next level. Typically, this is the development stage with the greatest duration. **Red felt balls are used on 36' red court. Monthly pricing: \$225 members, \$275 non-members (two sessions per week)**

## **FUTURES** | FUN, EXERCISE-BASED GAMES | AGES 8 - 10

Players will utilize directional control, spin, and positioning to their advantage while also being able to consistently rally and cooperate with a partner. Being able to maintain proper technique during points and the ability to place ball in one serve is a necessity before graduating to the next level. **Orange balls are used on 60' orange court. Monthly pricing: \$325 members, \$385 non-members (two sessions per week)**

78' GREEN COURT



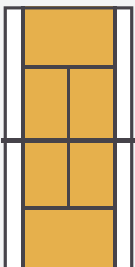
## **CHALLENGERS** | AGES 8+

By this level, players are technically sound and tactically engaged. Players are beginning to determine their style of play and how it matches up with other styles. This class will incorporate both singles and doubles strategy and play. **Green balls are used on 78' green court. Monthly pricing: \$325 members, \$385 non-members (two sessions per week)**

## **JUNIOR PERFORMANCE** | SPEED & AGILITY TRAINING | AGES 9+

Players will improve stroke mechanics, consistency, footwork, and anticipation. They will also learn sound match play tactics, improve match play performance with emphasis on footwork and conditioning, mechanics, mental toughness, and sportsmanship. **USTA tournament play required. Monthly pricing: \$325 members, \$385 non-members (two sessions per week)**

78' YELLOW COURT



## **COAC ACADEMY** | SPEED & AGILITY TRAINING | AGES 13+

Players will improve stroke mechanics, consistency, and footwork. As the age of this class is typically older, there is more emphasis on point development and execution of match play strategies. This will prepare players for high school matches and USTA tournaments. **Monthly pricing: \$325 members, \$385 non-members (two sessions per week)**

## **HOT SHOTS** | INVITE ONLY | AGES 13+

By invitation only, this class elevates high school players' skills with refined stroke mechanics, enhanced consistency, and advanced footwork. The focus on strategic gameplay further prepares them for competitive USTA tournaments. **Monthly pricing: \$165 members, \$195 non-members (one session per week)**

*\*Classes will be held in performance tent in the event of rain.*