

SPRING GROUP LESSONS 2021

CLASSES BEGIN MAY 8TH...

Children's and Adult Group Tennis Lesson and Registration Information
Registration begins **Monday March 1, 2021** online at:

<http://maplewood.recdesk.com/Community>

Registration Fees:

HotShots/Beginner (ages 5-7) (60 minutes):	Five Classes	\$120.00
Adult and Children (90 minutes):	Five Classes	\$180.00

Hot Shots Classes have a student/teacher ratio of **4:1**, all other classes have a student/teacher ratio of **5:1** or fewer.

Hot Shots Ages 5-6	Thursdays 4:30pm-5:30pm
Hot Shots/Beginner Ages 5-7	Saturdays 10:30am-11:30am
Children's Beginner Ages 7, 8, 9, 10	Tuesdays 5:30PM-7:00PM
Children's Advanced Beginner Ages 8, 9, 10, 11	Wednesdays 5:30PM-7:00PM
Children's Intermediate Ages 10, 11, 12, 13, 14	Thursdays 5:30PM-7:00PM
Children's Adv/Beginner to Intermediate Ages 8-15	Saturdays 11:30PM-1:00PM
Adult Beginner	Saturdays 9:00AM-10:30AM
Adult Beginner	Tuesdays 7:00PM-8:30PM
Adult Advanced Beginner	Wednesdays 7:00PM-8:30PM
Adult Intermediate	Thursdays 7:00PM-8:30PM

Class Scheduled Meeting Dates: (Spring Classes Meet 5 Times)

Saturdays: May 8, May 15, May 22, June 5, June 12

Tuesdays: May 11, May 18, May 25, June 1, June 8

Wednesdays: May 12, May 19, May 26, June 2, June 9

Thursdays: May 13, May 20, May 27, June 3, June 10

NO CLASSES MEET on Saturday May 29th (Memorial Day Holiday).

RAINED-OUT classes will be made up by adding additional classes to the end of the schedule, until **FIVE** classes have been held. No Individual MAKE-UPS for missed classes.

Classes meet at Memorial Park Tennis Courts Tuesdays, Wednesdays, Thursdays, Saturdays. Class size is limited and may be cancelled due to limited enrollment. Additional Classes may be added to accommodate any overflow.

Class cancellations due to weather and Make-up dates will be posted as soon as possible on the Maplewood Tennis Program website. **Please call** our weather-related class update phone number for class status if there is rain at: **973-607-1804**. A message will be posted indicating if the class is delayed or cancelled.

You can also contact the Maplewood Recreation Department at 973-762-8120:

M-F 9:00am-4:30pm and Saturdays 9:00am-12:00noon.

SPRING 2021 GROUP TENNIS LESSONS

Hot Shots Tennis: Ages 5 & 6: This class continues the introduction to tennis in a non-competitive environment. Activities include rallying when possible and smaller nets at a lower height. Red-Level Foam balls and shortened 36-foot courts provide students with the opportunities to succeed at tennis. Strokes include the volley, forehand, backhand, and preliminary serving technique.

Children Beginner. This class transitions players from Hot Shots into 60-foot courts. Orange-Level Balls are used as students learn the basics for rallying in tennis from the baseline and closer to the net. Instruction focuses on movement towards the tennis ball and on Games that allow the focus to be on correct movement and stroke technique. Strokes include the volley, forehand, backhand, and serve.

Children Advanced Beginner. This class is designed to transition into regulation size courts (78-foot), regulation tennis balls and Green Level balls are used. All strokes are covered and emphasis is on rallying, point play and strategy development.

Children Intermediate. This class continues development of all strokes but adds emphasis on offensive and defensive use. Singles and doubles strategies are covered and drills focus more on strategy and tactics. This class is for older or more experienced players with some competing in tournaments, club teams, or are planning to play high school tennis. Only regulation tennis balls are used for this class.

Adult Beginner: Beginner group will be for students with little or no experience playing tennis. Backhands, Volleys, and Serves are covered. Drills emphasize technique but include point play.

Advanced Beginner: Advanced Beginner group will be for students with experience playing tennis. They are comfortable rallying and playing points. Emphasis is on stroke improvement toward improved match play. Doubles strategy is also covered.

Adult Intermediate. This class is for students with experience playing matches who feel comfortable in competitive settings. This class will be instruction and competitive drills with a focus on doubles strategy and tactics.

Our 2021 Program will continue to follow the USTA 10 and under Tennis guidelines for ages and equipment.

The rules of tennis have changed.

Effective January 1, 2012, all USTA-sanctioned tournaments and USTA Jr. Team Tennis leagues for kids 10 and under will utilize the rules and regulations of 10 and Under Tennis.

What's Different?

- Courts are smaller and easier to cover. Courts are 36 feet, 60 feet, or 78 feet in length.
- Balls bounce lower and slower, making them easier to hit.
- 3 levels of tennis balls.
- Racquets sized for small hands that are easier to grip and swing.

Benefits for Kids

- Frustration is cut way down when equipment and rules match kids' development level.
- Kids learn tennis faster and can master skills before moving on to the next level.
- They're playing real tennis and having a lot of fun at the same time.
- Kids build confidence in their game with balls they can hit and a court they can cover.
- Kids are more likely to keep playing and improve their tennis game when they're having fun.

Tennis Balls: Kids need a ball that is sized and paced to their playing abilities. A yellow tennis ball moves too fast, bounces too high and is too heavy for smaller racquets. Each age group, therefore, uses specific kids tennis balls better suited to their size and playing ability.

Updated 2/1/21