



Junior Tennis Lessons & Academy

January - May 2017

The Metropolitan Tennis Association is offering tennis lessons at the Black Hawk Tennis Club. The MTA is a non-profit organization developed over 20 years ago to promote tennis in the Cedar Valley. If you're looking to introduce your child to a sport, tennis is a great option on many levels. It's equally mental as it is physical, therefore promoting both strong psychological and physiological development.



NEW Junior Beginner Tennis – USTA Progression 10&U Tennis

This is an introduction to the basic elements of tennis with quality instructors to ensure a positive, successful, and fun experience using the USTA's 10 and under tennis format. To participate in our beginner programs you do not have to be a club member. Monthly session payments are made at the beginning of each month or you may drop-in and pay per class.

RED BALL GROUP (ages 4-6 years)

This is a fun introduction to basic tennis skills and hand/eye coordination with games. All classes will use the red felt balls and appropriate sized courts and nets.

The cost per Monthly Session is only \$40.00, or you may drop-in for \$15 per class.

Class is offered on:
Saturdays 11:00-11:45am

ORANGE BALL GROUP (ages 7-10 years)

This is a fun introduction to basic tennis play. Clinics include play based instruction and learning to play matches. All classes use the orange balls and the appropriate sized court.

The cost per Monthly Session is only \$50 for one day a week, \$90 for both days a week, or you may drop-in for \$15 per class.

Classes are offered on:
Tuesdays 4:30-5:30pm
Saturdays 9:00-10:00am

GREEN BALL GROUP (ages 7-10 years)

This introductory class teaches tennis for ages 7-10 years. Classes will include play-based learning and learning to play matches. All classes will use the green (green dot) ball on a full-sized court. *Requires the student must have graduated from the USTA Orange Ball progression level.*

The cost per Monthly Session is only \$50 for one day a week, \$90 for both days a week, or you may drop-in for \$15 per class.

Classes are offered on:
Wednesdays 4:30-5:30pm
Saturdays 10-11:00am

ACES YELLOW BALL GROUP(11-14 year old beginners)

This class is for juniors looking to improve technique and increase their control and consistency. Match and point play will be worked on in this class.

The cost per Monthly Session is only \$50 for one day a week, \$90 for both days a week, or you may drop-in for \$15 per class.

Classes are offered on:
Wednesdays 4:30-5:30pm
Saturdays 10:00-11:00pm

JUNIOR COMPETITION YELLOW BALL GROUP (ages 11+ or have graduated the USTA Progression Green Ball)

This program is for junior players who can play points, know scoring and the rules and can play a match. Players will learn strategy, and continue to learn proper techniques and some conditioning to improve footwork and endurance.

The cost per Monthly Session is only \$70 for one day a week, \$120 for both days a week, or you may drop-in for \$18 per class.

The classes are offered on:
Thursdays 4:30-6:00pm
Saturdays 1:00-2:30pm

HIGH SCHOOL CLINIC

This clinic is intended for high school teams that wish to improve his or her technique and improve match strategy and open to boys or girls that play on high school teams.

The cost per Monthly Session is only \$70 for one day a week, or you may drop-in for \$18 per class.

The class is offered on:
Sundays 12:00-1:30pm