

2010 Woods Tennis Center & Parks Summer Class Schedule

Class Descriptions

Little Aces-Introductory tennis lessons for 4-6 year olds. Classes stress motor skill development and introduction to the basic strokes. Teachers will be utilizing the Quickstart format promoted by the United States Tennis Association. This format makes the game easier to learn and helps kids develop at a faster pace through utilizing size appropriate rackets and foam balls on smaller courts and nets.

Beginner-Introductory lessons for 7-14 year olds. The USTA's Quickstart format will be utilized allowing students to learn skills with age and skill appropriate rackets and pressureless tennis balls on smaller courts to develop their games at a faster pace. Students will learn the basic strokes, court markings and scoring involved for Quickstart tennis. Lessons will include teaching and a play format to get students involved in competition.

Advanced Beginner-Lessons for 8-14 year olds. Depending on age and skill level students may utilize the Quickstart format to develop at a faster pace. Proper fundamentals will be taught on the strokes of tennis yet there will be more of an emphasis on getting students prepared to play matches. A mix of drilling and play format will be utilized.

Intermediate-Lessons for 10-14 year olds. This class will reinforce proper stroke technique and emphasis will begin to be placed on point strategies and court positioning. This level is for students who have taken lessons in the past or have natural skills and have/will be ready to compete immediately. Stroke fundamentals, strategy, and competition will be a major part of these classes.

Challenger Tour Training-Competitive lesson setting for players in Middle School and High School who have already played tournaments or competed at the Reserve or JV levels. Most drills will be play based. This class is geared toward those who want to take their game to the Varsity level someday and eventually compete regularly in tournaments. These lessons are only offered at Woods Tennis Center.

Grand Slam Training-Elite competitive training sessions for players age 12-18 who have already obtained at least a USTA State Ranking (played in 5 or more USTA tournaments in the past year), have already competed at the Varsity Level in High School, and they also must have prior approval from the Woods Teaching Staff. Focus will be on match strategy and preparation both physical and mental. These lessons are only offered at Woods Tennis Center.

Junior Challenge Ladder-Court time will be available for juniors involved in all Woods summer tennis programs to play matches against their peers and earn a spot on the Woods Tennis Center Challenge Ladder. Information will be given out at the start of lessons.

Adult Beginner: (2.5-3.5 NTRP) For those just starting to play, getting back into the game, or looking to advance to the next level. This class will focus on stroke development with a goal of preparing players for match play.

Adult Cardio: The all-popular heart pumping fitness class! All skill & fitness levels welcome. Tons of repetition and movement at your own pace to get in shape, stay in shape or work on each stroke in your game!!!

Site	Classes	Times			
Woods Tennis Center	Little Aces	Mon thru Thur	10:00-11:00	or	1:00-2:00
	Beginner	Mon thru Thur	1:00-2:00	or	2:00-3:00 or 3:00-4:00
	Advanced Beginner	Mon thru Thur	1:00-2:00	or	2:00-3:00 or 3:00-4:00
	Intermediate	Mon thru Thur	1:00-2:00	or	2:00-3:00 or 3:00-4:00
	Challenger Training	Mon thru Fri	11:00-12:30		
	Grand Slam Training	Mon thru Fri	9:30-11:00		
	Junior Challenge Ladder	Mon thru Sun	MATCHES ORGANIZED ALL DAY DAILY		
	Adult Beginner	Tue Evening	6:00-7:00		
	Adult Cardio	Mon, Wed, & Thur Evenings	6:00-7:00		
Irvingdale Park	Little Aces	Mon & Wed	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Mon & Wed	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Mon & Wed	11:00-12:00	or	4:00-5:00
Mahoney Park	Little Aces	Tue & Thur	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Tue & Thur	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Tue & Thur	11:00-12:00	or	4:00-5:00
Seacrest Park/East High School, Roberts, & Piedmont Parks	Little Aces	Mon & Wed	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Mon & Wed	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Mon & Wed	11:00-12:00	or	4:00-5:00
Highlands Park	Little Aces	Tue & Thur	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Tue & Thur	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Tue & Thur	11:00-12:00	or	4:00-5:00
Southwest High School	Little Aces	Mon & Wed	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Mon & Wed	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Mon & Wed	11:00-12:00	or	4:00-5:00
Southeast High School	Little Aces	Tue & Thur	9:00-10:00	or	6:00-7:00
	Beginner/Advanced Beginner	Tue & Thur	10:00-11:00	or	5:00-6:00
	Advanced Beginner/Intermediate	Tue & Thur	11:00-12:00	or	4:00-5:00