



Kinder Tennis (Beginner level) (Ages 4-6)

For children learning tennis is fun, especially in a group setting. Kinder Tennis is a “unique” program designed to introduce 4-6 year old children to the game of tennis in a fun and rewarding way. By tailoring the equipment and the size of the playing court to the size, needs and the athletic ability of young children, Kinder Tennis allows them to learn the sport quickly, have fun and to succeed immediately. The emphasis is on basic motor skills, fitness and skill development through a variety of creative & fun games. Kinder Tennis helps create a proper foundation on which children may continue to build and develop their interest in the sport while improving their motor skills and self motivation.



Rising Stars (Beginner level) (Ages 7-11)

This Beginner's clinic covers the fundamentals to get your child started on the path to learning the sport of Tennis. The major strokes of the game including Forehands, Backhands, Serve & Volley will be taught. Students will learn through fun games, drills and proper hands-on Instruction to improve hand-eye coordination, footwork and all the basic tennis stroke mechanics. Participants of this group will be expected to hit the ball with the correct form and with great consistency. A strong emphasis is placed on Sportsmanship, Exercise, Tennis etiquette, Team-work, and a positive attitude.



Future Aces (Beginner level) (ages 12 & up)

Never picked up a racquet? No Problem! This Beginner's Tennis clinic is designed to teach the proper grips and stroke techniques (forehand, backhand, serve & volley). Juniors in this class will also learn to rally, the rules of Tennis, tennis etiquette, strategy & play points. This is a great beginning foundation towards their tennis development, if they want to eventually play on the High School Team, USTA Jr. Team Tennis or in Tournaments. Various drills and games will be used to improve overall stroke production, eye-hand coordination, footwork and fitness level. *Players in this group will eventually graduate to the Jr. World Class Clinic group upon Coaches recommendation.*



Junior World Class Clinic (Intermediate/Advanced level) (ages 12 & up)

Designed for the developing Junior player who is interested in competing in tournaments, USTA Jr. Team Tennis leagues and/or on the High School level. The clinic emphasizes strategy, stroke production & match play through fast paced drills and point playing situations. Students will focus on proper footwork, court positioning and point strategy in singles & doubles. Fitness conditioning will also be stressed to prepare players for matches & tournaments. Training goals of the class will be to develop the highest quality of Junior Tennis players here in Belmont and the surrounding area.



Adult Tennis (Beginner level) (ages 15 & up)

Are you new to the game or just looking to improve your Tennis skills? This clinic works on the basic mechanics, techniques & fundamentals of the game. Instruction in proper grips, forehand, backhand, serve & volley will be introduced. Participants will be exposed to all of the skills needed to play Singles, Doubles, learn the rules & keep score. Drills and live ball games will be used to improve overall court positioning, timing & proper technique.



Adult Tennis Social (Intermediate level) (ages 15 & up)

This is a great opportunity to get out & improve your Tennis game, meet others & have fun. Everyone meets to play doubles, singles & mixed doubles. On court supervision, Instruction, stroke analysis/assessment & even work on mechanics & proper technique. Cardio-burning Tennis drills & On-court games will be used. There will be feed ball & rally type drills to help develop your strategy along with your hitting skills. The level of players will vary from 2.5 (Advanced Beginner) - 4.0 (Intermediate) for the clinic.