

# Junior Program Guide 2023



**JUNIOR INDOOR PROGRAM 2023**

**Tennis is a sport for life**, with many benefits beyond health and physical activity. Beyond just good health and activity, kids learn the ABC's -- agility, balance, and coordination while also practicing life skills such as teamwork, responsibility, and sportsmanship. In tennis, your child will have fun while making new friends!

- Promotes teamwork
- Social skills and sportsmanship
- Coordination, agility, and balance
- Strategic thinking and problem solving
- Self-confidence

## **Junior FUNdamentals Stream**

Our FUNdamentals programs are recreation programs designed to introduce basic skills, play the game and enjoy the sport for a lifetime. They are focused on encouraging children to love tennis while learning fundamental skills and playing the sport.

### **Program Policies & Information**

- To register your child for programs visit [mapleridgetennis.com](http://mapleridgetennis.com) and complete the online registration. Payment must accompany your child's registration.
- The Maple Ridge Tennis Club may cancel a program due to low enrolment. In the event of a program cancellation, participants will be offered alternate program dates/times or a full refund.
- Participants are expected to wear appropriate athletic attire consisting of: shorts/track-pants, t-shirts and nonmarking athletic shoes.
- Level Placement: We reserve the right to withdraw participants from a program if coaching staff determine they are not at the appropriate level. In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.
- Programs that fall on statutory holidays will be priced appropriately for the missed class. If a class that was included in the program price is cancelled, a credit will be applied to the participants account.

### **Refund policy:**

**Prior to first lesson:** full refund processed less a 20% administration fee\*

**After lessons have started:** refund for remaining lessons less a 20% administration fee\*

*\*Does not apply to club cancelled lessons*

# FUNDAMENTALS STREAM

## RED BALL PROGRAMS: 6-7 years

The RED 1/2 court tennis program is the second step of progressive tennis. Coordination and cooperative activities will lead to the development of the basic tennis and athletic skills in a FUN and active environment.

Equipment modifications to ensure success:

- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court
- Lower net
- Smaller racquet (21" or 23")



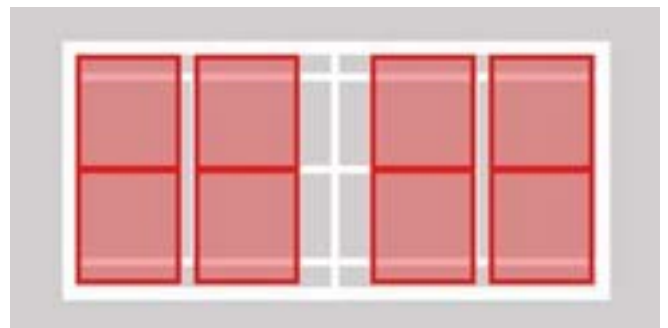
## RED BALL 'TRY-IT' (4 -7 years)

For children 4 -7 years with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills. Working on hand-eye coordination, balance and footwork.

- Coach/Student Ratio (6:1)
- 60-minute class.
- NO EXPERIENCE NEEDED

## SCHEDULE OPTIONS:

Saturday (9:00 - 10:00am)



## ORANGE BALL PROGRAMS: 8-10 years

The ORANGE  $\frac{3}{4}$  court curriculum allows young players to play on an 18m court with the same rules as those used on a regulation court. Playing the "real" game will promote the development of fundamentals required in game situations. The ORANGE  $\frac{3}{4}$  Court Tennis program uses low compression balls that will successfully develop FUNDamentals to serve, rally and score.

Equipment modifications to ensure success:

- Bigger & slower ball (50% slower than a Yellow ball)
- Smaller court (17.98-18.29 x 6.4-8.23m)
- Lower net (Centre net height of: 31.5-36")
- Smaller racquet (23" or 25")



## ORANGE BALL 'TRY-IT' (8-10 years)

For children 8-10 years with little or no experience. Program focused on developing basic tennis to Serve, Rally & Score and athletic skills.

- Coach/Student Ratio (6:1)
- 60-minute class.
- No experience needed

SCHEDULE OPTIONS:

Saturday (10:00am – 11:00am)

## ORANGE BALL 'IMPROVE-IT' (8-10 years)

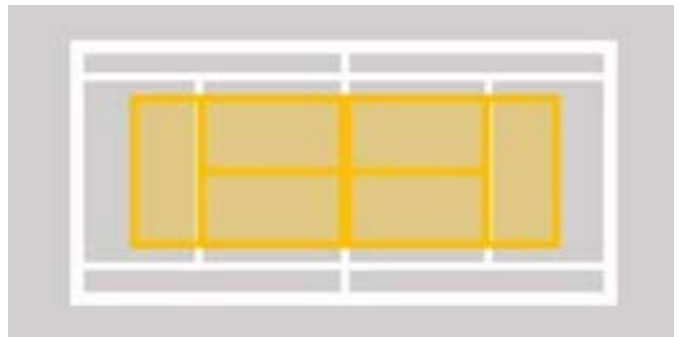
For children 8-10 years with little experience. Program focused on continuing the development of basic tennis to Serve, Rally & Score and athletic skills.

- Coach/Student Ratio (6:1)
- 60-minute class

**Player should know how to Serve, keep score but is still working on rallying and athletic skills**

SCHEDULE OPTIONS:

Saturday (11:00am – 12:00pm)



## ORANGE BALL 'PLAY-IT' (8-10 years)

For children 8-10 years who can Serve, Rally & Score. Program focused on developing basic tennis and athletic skills to enter a high-performance stream.

- Coach/Student Ratio (6:1)
- 60-minute class.

**Player should know how to Serve, Rally 5+ and be able to keep score without help, all with athletic abilities.**

**Player commits to two days a week.**

SCHEDULE: Tuesday 5:30pm – 7:00pm  
Thursday 5:00pm – 6:00pm