

The Meadow Creek The Meadow Creek Junior Tennis Program is a Developmental Tennis Academy designed to provide children of all ages with a quality experience. Supervised by USPTA teaching professionals, our programs are taught in a positive and constructive manner to develop each child's ability while learning the lifelong sport of tennis.



~ Drop-In Programs~

JUNIOR SLAMMERS

Fridays 4:30-6:30pm

Supervised point play situations and games focusing on tactics, shot selection and foot work. Green and yellow balls will be used. For the developing player as well as junior tournament players. All skill levels from Meadow Creek's Contenders level and above (ages 11 & up) are welcome. Sign up in advance or just show up! Weekly enrollment; drop-ins welcome. Begins 8/19/16

COST: \$16/members, \$25/non-members

Junior 'Open Court Time'

Saturdays 3:00-5:00pm *members only*

Get the most out of your membership! Enjoy 2 hours of 'open court time' for Junior members only! Juniors can come out and hit with other Juniors in a fun, low-pressure setting. No instruction, just supervised fun! Drop-in or sign up in advance. Meadow Creek's Excellence level and above (ages 14+) **COST:** \$7.50/members only. Begins 8/20/16

Junior Ball Machine ~ special

Sundays 4:00-8:00pm *members only*

Another membership benefit! Junior members can use the ball machine Sundays anytime from 4-8pm for \$15 (includes ball machine and court time). Limit one hour per day. Call in advance for reservations.

Registration Rates

Prices are for **6 week sessions**. All other sessions will be priced accordingly.

Program	Member	Non-Member
Jr QuickStart-Hitters	\$132	\$132
Jr QuickStart-Challengers	\$198	\$234
Contenders	\$198	\$234
Excellence	\$198	\$234
JV Champs & Champions	\$240	\$276

Junior Memberships: \$45/month

2016-2017 Session Dates

Session 1: Aug 15- Sept 17 (5-week session*)

* No class on 9/5/16 ~ Monday classes = 4 weeks
Early registration discount by Aug. 8th

Session 2: Sept 19 - Oct 29 (6-week session)

Early registration discount by Sept. 12th

Session 3: Oct 31 - Dec 24 (8-week session*)

* No class on 11/24 ~ Thurs classes = 7 weeks
Early registration discount by Oct 24th

Session 4: Jan 2 - Feb 25 (8-week session)

Early registration discount by Dec 26th

Session 5: Feb 27 - April 8 (6-week session)

Early registration discount by Feb. 20

Session 6: April 10 - May 20 (6 week session)

Early registration discount by April 3

Register at least one week before the session begins and receive a \$20.00 discount off all prices.



2016-17 JUNIOR TENNIS PROGRAMS

Meadow Creek Tennis & Fitness Club
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Beginner Group Lessons

We are enthusiastic about the success using the Quick Start Play Format for our 10 and under tennis classes. The Quick Start Tennis Play Format is an exciting way of learning tennis, designed to bring kids into the game by adapting the equipment, court dimensions and the scoring to the age and size of the children – just like other youth sports do. The goal is to enable kids to have more enjoyable experiences early on in the learning process – and having fun is the number one factor in keeping kids involved in any sport. To reach this goal we use a combination of shorter racquets, smaller courts and lower compression balls in both the Hitters and Challengers classes.

Junior Quick Start – Hitters

Saturdays 8:10 – 9:00am

Tuesdays 3:40 – 4:30pm

Our entry level class for beginning juniors. This class uses 36' courts and the red foam or red felt, low compression ball. Emphasis is on developing motor skills, reaction/anticipation and sending and receiving the ball. Play focuses on teamwork and rallying the ball back and forth. **Suggested ages 5-8

Junior Quick Start – Challengers

Saturdays 9:00 – 10:30am

Wednesdays 4:30 – 6:00pm

This class strongly emphasizes the proper techniques for all basic tennis strokes. Footwork, focus and reaction time skills are developed. This class uses the 60' courts and the orange and green low compression ball. Point play games are utilized. **Suggested ages 8-11

CALL THE CLUB TO REGISTER!

303.232.6272

CANCELLATIONS

Cancellations must be done **at least 7 days** prior to the beginning of the session. We will gladly refund all fees, less a \$5.00 processing fee. If you cancel **less than 7 days** before the session, we will credit your fees toward another session during the 2015-2016 season.



Continuing Group Lessons

CONTENDERS

Tuesdays & Thursdays 4:30-6pm

Saturdays 10:30-12:00pm

The primary focus for players at this stage is movement while using proper technique. Instructors emphasize the importance of using the correct grips for all shots. Live ball drills and games are used to prepare the students for match play. This class uses the green and yellow balls. Satellite level tournament play is encouraged. Entering players should be able to rally 15-20 balls in a row from the short court, 8-12 from full court and make 4 of 10 serves from the baseline. **Suggested ages 12-15

Excellence

Mondays & Wednesdays 4:30-6pm

Saturdays 12:00-1:30pm

At this level, court strategy, ball placement and shot selection are emphasized in a lively and fun atmosphere. Real game situations are used to help the students focus on different spins, court movement and stroke refinement. This class uses the yellow balls. Players at this level are successfully playing satellite tournaments and playing or preparing to play high school tennis. Entering players must be able to maintain full court rallies of 15-20 balls, have all the basic grips and strokes and be able to make 7 of 10 serves. **Suggested ages 14+

~ Pro-Approval Required ~

JV CHAMPS

Wednesdays 4:30-6:00pm

Saturdays 1:30-3:00pm

This is an intensive program for the younger players (approximately ages 9-13) who strive to become open-level, competitive players. A combination of advanced stroke development, court strategy, conditioning, focus drills and match play are used to help them achieve their goal. It is recommended that participants in this program play tournaments and take private lessons to ensure their success. **Pro-approval required.**

CHAMPIONS

Tuesdays & Thursdays 4:30-6pm

This is an intense program for the open-level competitive player. These players are often ranked at the sectional or national level. This class is designed to develop and enhance serious tournament level players' talent through a combination of court strategy, conditioning, focus drills, match play and on-court monitoring in a college-style practice environment. We encourage further development through tournament participation and interscholastic competition. **Pro-approval required.**