



# JUNIOR TENNIS PROGRAMS

SEPTEMBER 2022-MAY 2023

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
August 22 - September 24	September 26 - November 5	November 7 - December 31	January 2 - February 25	February 27 - April 22	April 24 - May 27
<b>5 weeks</b>	<b>6 weeks</b>	<b>8 weeks</b>	<b>8 weeks</b>	<b>8 weeks</b>	<b>5 weeks</b>
Early registration discount \$20 by August 15	Early registration discount \$20 by September 19	Early registration discount \$20 by October 31	Early registration discount \$20 by December 26	Early registration discount \$20 by February 20	Early registration discount \$20 by April 17
No Class 9/5 (Monday classes are 4 weeks)		No Classes 11/24, 12/24, 12/31 (Saturday classes are 6 weeks; Thursday classes are 7 weeks)			

## Junior Membership benefits for only \$48 per month!

- Discounted Junior group lessons
- Group Lesson Special: Attend first 5 Junior sessions, receive 50% off the 6th session
- Junior "Walk-on" rates (50% off court rate with same day reservation)
- Discounted rates for Group and Private Lessons
- The average\* Junior player could save approximately \$440 per year by becoming a Junior Member

\*Based on an average number of programs, court time and lessons

The Meadow Creek Junior Tennis Program is a developmental tennis program designed to provide children of all ages and abilities 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.

**Call us at**  
**303.232.6272**  
**to register for any of our Sessions**



TENNIS & FITNESS CLUB  
 6305 West 6th Avenue, Lakewood, CO 80214  
 303.232.6272 • info@meadowcreektennis.com  
**MeadowCreekTennis.com**

**Session Cancellation Policy:**  
 Cancellations must be done **at least 7 days prior** to the beginning of the Session. We gladly refund all fees, less a \$10 processing fee. If you cancel **less than 7 days** before the Session, we will credit your fees toward another Session during the 2022-23season.

## JUNIOR RED BALL

**Tuesday: 3:40pm-4:30pm**  
**Saturday: 11am-11:50am**

Suggested ages 4-7

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.

5 week Sessions: \$115 members and non-members  
6 week Sessions: \$138 members and non-members  
8 week Sessions: \$184 members and non-members

## JUNIOR ORANGE BALL

**Tuesday or Thursday: 4:30pm-6pm**  
**Saturday: 12pm-1:30pm**

Suggested ages 7-10

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 low compression ball. Point play games are utilized.

4 week Sessions: \$140 members ▪ \$166 non-members  
5 week Sessions: \$174 members ▪ \$207 non-members  
6 week Sessions: \$208 members ▪ \$248 non-members  
7 week Sessions: \$243 members ▪ \$290 non-members  
8 week Sessions: \$278 members ▪ \$331 non-members

## JUNIOR GREEN BALL

**Monday or Thursday: 4:30pm-6pm**  
**Saturday: 1pm-2:30pm**

Suggested ages 9-14

The primary focus at this level 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. Challenger level tournament play is encouraged. Entering players should be able to rally 8-10 balls in a row from the short court, 6-8 from full court and make 4 of 10 serves from the baseline.

4 week Sessions: \$140 members ▪ \$166 non-members  
5 week Sessions: \$174 members ▪ \$207 non-members  
6 week Sessions: \$208 members ▪ \$248 non-members  
7 week Sessions: \$243 members ▪ \$290 non-members  
8 week Sessions: \$278 members ▪ \$331 non-members

## FRIDAY AFTERNOON CLUB

**Green Ball Drill & Play Friday: 5pm-7pm Weekly Registration**

One hour of drills and games, followed by one hour of supervised match play. Led by our expert Pros, this class will enable your player to get the practice in to move up to the next level.

**Yellow Ballers Friday: 4pm-6pm Weekly Registration**

This is a high-intensity class involving drills, games and supervised point-play scenarios. Designed for Yellow Ball and Elite Yellow Ball players looking to gear up for tournaments and high school play.

\$18/class members ▪ \$26/class non-members

## JUNIOR YELLOW BALL

**Monday or Wednesday: 4:30pm-6pm**  
**Saturday: 1:30pm-3pm**

Suggested ages 13-18

Players at this level are playing or preparing to play high school tennis. Entering players must be able to maintain full court rallies of 6-8 balls, have knowledge of the basic grips and strokes and be able to make 5 of 10 serves.

4 week Sessions: \$140 members ▪ \$166 non-members  
5 week Sessions: \$174 members ▪ \$207 non-members  
6 week Sessions: \$208 members ▪ \$248 non-members  
8 week Sessions: \$278 members ▪ \$331 non-members

## ELITE YELLOW BALL

**Tuesday or Thursday: 4:30pm-6pm**  
**Saturday: 2:30pm-4pm**

Suggested ages 13-18

At this level, court strategy, conditioning, ball placement and shot selection are emphasized in a lively and challenging atmosphere. Real game situations are used to help the students focus on different spins, court movement and stroke refinement. Students at this level are Varsity high school tennis players and successfully competing in Challenger tournaments with the aspiration to play Championship level events. Private lessons are also recommended to achieve success at this level.

*\* Pro Approval Required for Elite Yellow Ball Participants*

5 week Sessions: \$174 members ▪ \$207 non-members  
6 week Sessions: \$208 members ▪ \$248 non-members  
7 week Sessions: \$243 members ▪ \$290 non-members  
8 week Sessions: \$278 members ▪ \$331 non-members

## HIGH PERFORMANCE

**Wednesday: 4:30pm-6pm or Saturday: 2:30pm-4pm**

**LEVEL I\*:** This is an intensive program for the younger players (approximately ages 11-14) 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 goals. It is recommended that participants in this program play tournaments and take private lessons to ensure their success.

**Monday or Wednesday: 4:30pm-6pm**

**LEVEL II\*:** 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 dedicated tournament 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, interscholastic competition and private lessons.

*\* Pro Approval Required for all High Performance Participants*

4 week Sessions: \$166 members ▪ \$190 non-members  
5 week Sessions: \$208 members ▪ \$238 non-members  
6 week Sessions: \$249 members ▪ \$285 non-members  
8 week Sessions: \$332 members ▪ \$380 non-members