



pctennis

A higher degree of play

# Fall 2 Youth Tennis Schedule

Effective: August 22, 2022



## Fall 2 session dates: October 17th– December 16th

- Pro reserves the right to move youth up or down depending on tennis ability.
  - Drop-ins not allowed for any youth tennis programs.
- No refunds, exchanges or prorations. Registration changes must be made 48 hours prior to program start date.
  - It is recommended that youth sign up for at least 2 days/week or more, but not mandatory.
    - One make-up class allowed per session.
    - No youth clinics on September 5th.

Clinic	Days	Times	Ages
Red Ball 1	T & TH	4:30 – 5:15 pm	4 - 5
Red Ball 2	T & TH	5:15 – 6:00 pm	6 - 7
Orange Ball	T & TH	4:30 – 6:00 pm	8 - 10
Green Ball	M & W	4:30 – 6:00 pm	11 - 13
Yellow Ball	M,W,TH	3:00 – 4:30 pm	14 - 17

### Park City MARC & Tennis

1200 Little Kate Road

435-615-5400

[www.parkcitytennis.org](http://www.parkcitytennis.org)

[www.parkcityrecreation.org](http://www.parkcityrecreation.org)

## Youth Clinic Descriptions

*Registration for clinics may be done online or through the front desk.*

**Red Ball 1 (4-5 years):** The main goal of this class is to introduce hand-eye coordination, tracking, receiving skills for future success and having FUN!

**Red Ball 2 (6-7 years):** The main goal of this class is to develop rallying skills.

**Orange Ball (8-10 years):** We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the tennis court (60' black lines on the court for orange ball). We focus on developing full groundstrokes, forehand and backhand volleys, overheads, and the overhand serve.

**Green Ball (11-13 years):** We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the full tennis court. We focus on developing topspin groundstrokes, and using the continental grip on volleys, overheads and serves.

**Yellow Ball Beginner (14– 17 years):** For players of high school age who are at a beginner level. The focus will be on stroke mechanics, footwork, and the athletic skills needed to play the sport. Players will learn how to keep score, sustain a rally, and learn to play quickly.

**Yellow Ball (14- 17 years):** This group uses regular yellow tennis balls, full sized racquets and the full sized tennis court. The main objective is to prepare these players for High School tennis and USTA tournaments. We focus on further developing match play and proper technique.

**Footwork Clinic (14– 17 years):** Based on "David Bailey's 12 Golden Moves of World Class Footwork", this class will show you what footwork looks like at the pro level and how you can develop similar footwork of your own.

**Serve and Return (14– 17 years):** This class uses video analysis to check for our 9 serve checkpoints. We then create a document that shows the player's technique compared to that of a professional based on the 9 checkpoints. From there, we target the areas that need to be worked on, continuing to use video analysis to guide the process. We will also work on serving strategy and the return of serve.