



# AFTER SCHOOL TENNIS PROGRAMS

(See reverse side for pricing and registration)

**V**alter Paiva Tennis Academy has 5 different programs to best meet your children's expectations, fulfill their needs and improve their tennis skills. Choose your own convenient schedule; programs are offered Monday through Friday.

## 10 & UNDER TENNIS PROGRAM

The 10 & Under program (for kids aged 4-10) will get your young player out on the court! Kids will be grouped with other players, according to their age and skill level, with activities that match their age and ability. We stress a positive attitude, good sportsmanship and fun to create a lifelong love of the game. Check out the program options for your kiddos below:



**RED BALL - TENNIS PROGRAM • For ages 4-5; Monday-Friday; 4:00-5:00 pm**

With lots of energy on the courts we take kids aged 4-5 through the fundamentals in a low stress and fun environment. Kids get comfortable handling a racket, play games and learn hand-and-eye coordination



**ORANGE BALL - TENNIS PROGRAM • For ages 6-8; Monday-Friday; 4:00-5:30 pm**

Players aged 6-8 will still play plenty of games as we build onto the fundamentals. Even completely new players can quickly gain the basics while adding on learning the different strokes and footwork needed for a solid game. We'll also spend time working on tennis 'approach and volleys', overhead swings and serving.



**GREEN BALL - TENNIS PROGRAM • For ages 8-10; Monday-Friday; 4:00-5:30 pm**

Our older players start to get their game on. Green Ball players will always have fundamental review (as we all should) and will focus on serving, strategy and learning court positioning. This group will begin playing point matches with an emphasis on building rallies, all with a view to becoming tournament (if they want to) ready.

\*Please note that Orange and Green Ball programs provide an extra 30 minutes of fitness training focusing on specific movements needed for court play.

## ESSENTIAL TENNIS PROGRAM

**AGE 11 TO 14 YEARS OLD • Offered Monday - Friday, 4:30 to 6:30 pm**

This program is designed for junior players ages 11 to 14. Grouped according to their skill level, participants will focus on correct technique and all-around game development. They will practice serving, forehand, backhand, volleys, approach volleys and overheads, incorporated in point playing scenarios. They will develop consistency and an understanding of court positioning, as well as basic strategy and the importance of correctly evaluating an opponent. **This is a high school and USTA tournament preparatory program.**

## HIGH SCHOOL TENNIS PROGRAM

**AGE 14 AND UP • Offered Monday - Friday, 4:30 to 6:30 pm**

This program is designed for HIGH SCHOOL PLAYERS – ALL LEVELS ARE WELCOME. Players will be grouped according to their skill level. To maximize the players' full potential a specific routine has been designed to prepare the SINGLES and DOUBLES players to play in a higher position on their team. Players will learn/improve court position, how to strategically use their shots, and strengthen their game for tournament play.



