

# JUNIOR PROGRAMS

**September 14, 2009 - May 30, 2010**

Class sessions are 8 weeks unless specified  
Minimum and maximum enrollment for each class so  
Sign up and pay **NOW** to guarantee your spot!

## USTA Quick Start Programs (Ages 4-9)

Class Name / Rating	Code	Day & Time	Price(*)
Tiny Tots (Ages 4-5)	100	Sat 9:00 - 10:00 am	\$80
QS1 (Ages 5-6)	110	Mon 5:00 - 6:00 pm	\$90
QS1 (Ages 5-6)	111	Sat 10:00 - 11:00 am	\$90
QS2 (Ages 6-7)	120	Wed 5:00 - 6:00 pm	\$90
QS2 (Ages 6-7)	125	Sat 11:00 - 12:00 pm	\$90
QS3 (Ages 7-8)	130	Tues 5:00 - 6:00 pm	\$100
QS3(Ages 8-9)	135	Sat 12:00 - 1:00 pm	\$100

## Junior Developmental Program (Ages 9-18)

Class Name / Rating	Code	Day & Time	Price(*)
JD1 Beginner (Ages 9-18)	200	Wed 4:30 - 6:00 pm	\$170
JD1 Beginner (Ages 9-18)	204	Sat 11:30 - 1:00 pm	\$170
JD2 Intermediate (Ages 9-18)	210	Tues 4:30 - 6:00 pm	\$180
JD2 Intermediate (Ages 9-18)	215	Sat 1:00 - 2:30 pm	\$180
JD3 Advanced	221	Fri 4:30 - 6:00 pm	\$180

## Junior Player Program (Ages 11-18)

Class Name / Rating	Code	Day & Time	Price(*)
JP1 Red Hot's	401	Mon 6:30 - 8:00 pm	\$180
JP1 Red Hot's	403	Sat 1:00 - 2:30 pm	\$180
JP2 Team Tennis	410	Sun 6:00 - 8:00 pm	\$128

## Junior Excellence Program (Ages 11-18)

Class Name / Rating	Code	Day & Time	Price(*)
JE1 Super Excellence	301	Thurs 5:30 - 7:30 pm	\$190

PRO'S APPROVAL REQUIRED

## Sid Rothstein's Camps (Sept. 14 – Nov. 16, 2009)

This camp is limited to 10 sessions.

Class Name / Rating	Code	Day & Time	Price(*)
SC1 Beginner	500	Sat 2:30 - 4:00 pm	\$175
SC2 Intermediate	503	Fri 4:30 - 6:00 pm	\$175
SC3 Advanced	505	Mon 4:30 - 6:00 pm	\$175

\* Non-Members add \$50 per class per session

# CLASS DESCRIPTIONS

## USTA Quick Start Programs

Quick Start is a tennis educational system developed by the USTA where children are taught to play tennis with foam balls on a court scaled down to better suit the size and age of the players. These programs are sequential based on age and ability. Please ask a Match Point tennis professional which program is best for your child. Age levels are a guideline. For further details, go to [www.quickstarttennis.com](http://www.quickstarttennis.com)

### Tiny Tots (Ages 4-5) Foam Balls

A program for basic movement and coordination skills. Children will learn to receive and send the ball with their hands, racquets and other equipment that will foster learning experiences.

### QS1 (Ages 5-6) Foam Balls

A continuation of Tiny Tots. Continued development of general motor skills and athletic skills. The class focus is coordination training, movement and balance skills.

### QS2 (Ages 6-7) Foam Balls

Program of movement, balance, coordination and motor skill development with a strong focus on self and partner rallying skills. Reception and projection activities will be emphasized.

### QS3 (Ages 7-8) Foam & Transition Balls

Introduction of mini-tennis court. The student will learn how to play mini-tennis using forehand, backhand and serve.

### QS3 (Ages 8-9) Transition Balls

The student will learn the basics for singles and doubles on the 3/4 court. The child will be introduced to topspin and the various serves and the return of the serve.

Once the student graduates from the Quick Start program, enroll your child into our Junior Development Program. Class level is dependant on student's ability. Please ask a Match Point tennis professional which program will be best for your child upon graduation of Quick Start.

## Junior Developmental Programs

Junior Development Program is designed for students ages 9 thru 18. This program utilizes the full court and regular tennis balls. The sessions will stress tennis fundamentals, movement, and competitive play. Age levels are a guideline.

### JD1 Beginner (Ages 9-18)

Limited tennis experience. Use the foundations of tennis to build your tennis game. As you exit this group you will be able to keep a rally going.

### JD2 Intermediate (Ages 9-18)

The foundations and building blocks of tennis. Learn the basics: hand eye coordination, footwork, forehand, backhand, volley, overhead and serve.

### JD3 Advanced (Ages 9-18)

Boy & Girls High School - This is for the high school player who has or will compete at the varsity, junior varsity level. The program will consist of drills and match play.

## Junior Excellence Programs

Our Junior Excellence Programs are designed for the high school tournament player. The program stresses athletic movement, skill maintenance, tactical & technical training, and game integration. The program will emphasize advanced competitive training. Admission to the program will be based on playing performance, past tournament ranking and/or rating.

### JP1 Red Hot's

Advanced Intermediate to advanced level group. Emphasis on competitive training including shot selection, court usage, and competitive play.

### JP2 Team Tennis

Jr. Team Tennis is a fun and competitive league that includes sets of boy's singles and doubles, girls doubles and mixed doubles. Teams will have a minimum of three boys and three girls.

### JE1 Super Excellence

This class is limited to Match Point's top players. Space is limit and tryouts are required.

# CARDIO TENNIS

Class sessions are 8 weeks unless specified  
minimum and maximum enrollment for each class so

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## What is Cardio Tennis?

Cardio Tennis is a fun group activity featuring high energy workout, composed of tennis drills for players and non-players of all abilities.

## Features of Cardio Tennis:

- Consistent elevation of heart rate enhances aerobic training
- High level of calorie burn
- Focus on workout while playing tennis

Class Name / Rating	Code	Day & Time	M/NM Price
Cardio Tennis	901	Mon 9:00 - 10:00 am	\$96
Cardio Tennis	902	Tues 6:00 - 7:00 pm	\$96
Cardio Tennis	904	Thurs 6:00 - 7:00 pm	\$96
Cardio Tennis	905	Sat 10:30 - 11:30 am	\$96

\* Open to Members & Non-Members

## Walk On Court Time

Monday – Friday 3:00 – 4:30pm M \$4  
No reservations and court availability not guaranteed

## Private & Semi-Private Lessons

Private & Semi-Private lessons are available on a one-time or a permanent basis. Please call the Front Desk to reserve.

## Policies & Procedures

- Payment & registration must be received in order to participate in a class. A student enrolling after the start date of a session will be charged a pro-rated fee for the remainder of the session.
- There is a minimum and maximum per class so enroll early.
- Membership is required for program participation with the exception of Quick Start (QS), Jump Start, and Cardio Tennis.
- There is no makeup for absence or illness. If you are unable to continue for medical reasons proof must be given. A credit will only be applied from the date written information is provided.
- Match Point reserves the right to charge lessons and/or court fees when the court/lesson is not cancelled at least 24 hours in advance.
- Club Hours, Rates & Times subject to change without notice. Please call the Front Desk.
- Non-marking tennis shoes must be worn at all times.