

# 2019 Spring After School Junior Programs

At Swansea Tennis Club, “progressive tennis” methods are used for the junior programs by the Armstrong Tennis Academy. Our coaches have been trained to implement the latest training methods from Tennis Canada and the ITF while using the proportional balls, equipment and court sizes to teach the children to play tennis in the most efficient ways. For more about progressive tennis please see [www.itftennis.com](http://www.itftennis.com).

## A: Progressive 1 Red

The Red program is designed for children 4-8 years old. The 1st level of progressive tennis uses larger foam and decompressed balls to allow for easier exchanges, 19" to 21" racquets for better control, mini sized nets and a smaller 12-meter court. Mondays and/or Wednesdays from 4 to 4:55 p.m.

## B: Progressive 2 Orange

The Orange program is designed for student 8-11 years old. The 2nd level of progressive tennis uses a normal sized tennis ball of much lower compression to make it easier for the students to acquire the required skills at this stage of development. 23' to 25' racquets are typically used and the court is 18m in size. Mondays and/or Wednesdays from 5 to 5:55 p.m.

## C: Progressive 3 Green

The Green program is designed for students 10-14 years old. The 3rd level of progressive tennis uses a ball similar to a real tennis ball with 25% less compression. The students typically use a 25' to 27' racquet and a full sized tennis court. Tuesdays and/or Thursday from 4 to 4:55 p.m.

## D: Progressive 4 Teen Tennis

This program is designed for students from 13-18 years old (higher skilled 10-12 year olds who can rally well and or play OTA tournaments can be in this class) Students typically have 25-27" racquets and play on a full sized tennis court with regular balls. Progressions will be used if players have less experience or skills. Tuesdays and/or Thursdays from 5 to 5:55 p.m.

**Dates: Mon May 13 - June 24** (no class on May 20) **and/or Wed May 15 - June 19, Tues May 14 – June 14 and/or Thurs May 16 - June 20**

**Cost: \$105 1 day/week and \$210 for 2 days/week**

**What you should know:** Please bring tennis (athletic) shoes and clothes (layers if weather is cool), a racquet\*, water bottle, sun block and hat. (\*We have a limited number of racquets available to loan)

A **special discount on tennis equipment** is available for students at: Game Set Match Tennis Boutique located at 782 Annette Street (416-760-0999) Just mention that the student is in the HPTC lessons.