

# 2021 JUNIOR SUMMER TENNIS CAMPS

## Offered by 'Game Set Match' at Swansea Tennis Club

Learn to play and improve your tennis with our week-long camps for juniors aged 4-18. There will be on and off-court training. The emphasis will be on fun while improving athletic skills, coordination and tennis skills through drills and competitive play. Our certified coaches & instructors use progressive tennis methods in accordance with ITF and Tennis Canada.

### A: Progressive 1 Red

The Red camp is designed for children 4-8 years old. The 1st level of progressive tennis uses larger foam and decompressed "Red" balls to allow for easier exchanges, 19" to 21" racquets for better control, mini sized nets and a smaller 12-meter court.

### B: Progressive 2 Orange

The Orange camp is designed for student 8-11 years old. The 2nd level of progressive tennis uses a normal sized "Orange" 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.

### C: Progressive 3 Green

The Green camp is designed for students 10-14 years old who are still learning to rally. The 3rd level of progressive tennis uses a "Green" 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.

### D: Progressive 4 Teen Tennis - AFTERNOONS ONLY!

The Teen Tennis camp 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 will play on a full sized tennis court with regular balls.

**Please note: If morning camps sell out, we may add some afternoon Red, Orange and Green camps if there is sufficient demand**

### Daily Schedule:

8:45-9:00 AM	Arrival
9:00-9:30 AM	On Court Warm Up and Coordination/Dexterity Drills
9:30-12:00 PM	On Court Tennis Drills and other athletic activities

**In the Event of Rain** Classes will be held in the clubhouse. The coaches will do fitness, coordination exercises, indoor activities, cover rules, etiquette etc. &/or watch videos to educate the kids to enhance their on-court training.

### Sessions:

1. July 5-9	2. July 12-16	3. July 19-23	4. July 26-30	5. Aug 3-6*
6. Aug 9-13	7. Aug 16-20	8. Aug 23-27	9. Aug 30-Sept 3	

### Cost:

**Morning 9AM-12PM: \$230 +HST** (\*4 day camp costs **\$185 +HST**)

**Teen Tennis 1-4PM: \$200 +HST** (\*4 day camp costs **\$160 +HST**)

If spaces are available, we will allow daily registration at a cost of **\$60 + HST/Day**.

### What to Bring to Camp:

Please bring tennis shoes, athletic attire (layers if weather if cool), a racquet, water bottle, snacks, sun block, mask & a hat.

We will have a limited number of racquets available for loan – please request in advance.

### Tennis Racquet & Equipment DISCOUNT for campers

available at **Game Set Match Tennis Boutique** 782 Annette St. 416-760-0999