

2020 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 <http://www.tennisplayandstay.com/tennis10s/overview.aspx>

*Please note that you have to be a member to register for these programs.

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 “Red” 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 “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. 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 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. Tuesdays and/or Thursday from 4 to 4:55 p.m.

D: Progressive 4 Teen Tennis

The Teen Tennis 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 26-27" 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: The week of **Mon April 27** until **Mon June 22** (no class on May 18) - **8 weeks total.**

Cost: \$136 for 1 day/week and \$272 for 2 days/week

E: Junior Competitive Match Play

This program is designed for students from 12-18 years old (higher skilled 10-12 year olds who can rally well and/or play OTA tournaments may get permission to be in this class) Students are able to play and compete with “green” or regular balls. Typically these kids are on the high school team and/or playing OTA tournaments. There will be a warm up and game-play (singles and doubles) and the feedback/coaching will mainly tactical. Fridays 4 to 6 p.m.

Dates: **Fri May 1** until **Fri June 12** - **7 weeks total.**

Cost: \$170 and \$113 if you are registered for 2 days a week for the Progressive program. If space, \$20 weekly registrations can be made by contacting Ben Armstrong.

Please bring tennis (athletic) shoes and clothes (layers if weather is cool), a racquet*, water bottle, sun block and hat. (A limited number of racquets are 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](tel:416-760-0999)) Just mention that the student is in the Swansea lessons.