

2023 SCATC Spring After School Junior Programs

Our coaches use "progressive tennis" methods from Tennis Canada and the ITF. We use the progressive balls, proportional equipment, and court sizes to help the children to learn to play tennis in the most efficient ways. For more about progressive tennis please see <http://www.tennisplayandstay.com/tennis10s/overview.aspx>

Progressive 1 Red

The Red program is designed for children 4-9 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 4:55p.m. from May to June (No Classes on May 22)

Progressive 2 Orange

The Orange program is designed for students 8-11 years old. The 2nd level of progressive tennis uses a decompressed sized "Orange" tennis ball 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. from May to June (No Classes on May 22)

Progressive 3 Green

The Green program is designed for students 10-16 years old (10 and 11 year olds who a warning to rally should be in the orange group) who are still learning to rally and play. 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. from May to June

Progressive 4 Teen Tennis

The Teen Tennis program is designed for students from 13-18 years old (higher skilled 11-12 year olds who can rally well and or play OTA tournaments can be in this class with permission) 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. from May to June

Rain dates will be on the week of June 26 on the same weekday as the class if possible/necessary.

Junior Competitive 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 gameplay (singles and doubles) and the feedback/coaching will mainly be tactical and psychological. Fridays 4 to 6 pm.

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)). Please mention that the student is in the Swansea lessons.