

JUNIOR TRAINING & FITNESS

30 minute session

- **flexibility/agility**
- **strength training**
- **core strengthening**

Classes are designed specifically for young tennis players. Ensuring muscles are strong and the body is flexible are keys to **performing well and preventing injury**. Classes include the use of free weights, body weight, stability ball exercises and other equipment. Includes pre and post session assessment.

Rookie Sessions

Monday 6:00-6:30pm

Wednesday 6:00-6:30pm

Teen 101, 201, Varsity Bound Sessions

Tuesday 6:00-6:30pm

Thursday 6:00-6:30pm

Saturday 12:00-12:30pm

\$105 / 7 week session (\$15/class)

Cancellations/Makeups: see junior program policy

Register Online:
www.centerrcourtennisclub.com

Our goal is for players of all ages and abilities to excel on and off the court through programs designed to achieve tennis goals, promote health and fitness, and build self-esteem.

CENTER COURT STAFF

Tennis Director/General Manager

Brian Smallwood, USPTA

Junior Program Director

Krzysztof Slomski, USPTA, USPTR

USTA Adult Coordinator

Joe Horvath

Teaching Professionals

Brock Ebersole, USPTA

Vicky Kuczynski, USPTA

Nancy Sobecks, USPTA

Bojana Soljaga, USPTA,
ACE Personal Trainer

Denise Zalar, USPTA

Front Desk Manager

Mary Vanucci



CCTC Junior Program Winter/Spring 2023

January 3—February 18

February 20—April 8

April 10—May 27

(7 week sessions)



CENTER COURT TENNIS CLUB

1 EAGLE VALLEY COURT

BROADVIEW HTS OHIO 44147

440-838-5600

WWW.CENTERCOURTTENNISCLUB.COM

10 AND UNDER TENNIS CLASSES

* No membership required

LITTLE SPARKLERS

(4-5 years) A fun class where our youngest students learn beginning tennis skills, play games and engage in activities that help improve their balance, agility and coordination.
\$15/class

TUESDAY 4:30-5:00 pm
SATURDAY 10:30-11:00 am



RED FLAMES

(5-9 years) For kids who are new to the game. Juniors learn fundamentals of tennis through a mix of fun skills practice and games.
\$20/class

TUESDAY 5:00-6:00 pm
THURSDAY 5:00-6:00 pm
SATURDAY 9:30-10:30 am



ORANGE SPARKS

(5-9 years) Advanced beginners continue to develop skills to rally the ball, play points, serve and keep score.
\$20/class

TUESDAY 5:00-6:00 pm
THURSDAY 5:00-6:00 pm
SATURDAY 9:30-10:30 am



GREEN LIGHTNING

Designed for kids with 1-2 years of clinic experience that are strengthening rally and service skills. Must be able to maintain a short rally, serve and keep score.
Pro Admit
\$20/class

MONDAY 5:30-6:30 pm
WED 5:30-6:30 pm
SATURDAY 11:00 am-12:00 pm



YELLOW BALL CLASSES

* Must have Junior Membership

JUNIOR TENNIS 101

(10+ yrs) This class is designed for Middle School and High School Students who are just learning to play.
\$25/class

TUESDAY 4:30-6:00 pm
THURSDAY 4:30-6:00 pm
SATURDAY 10:30-12:00 pm

JUNIOR TENNIS 201

(13+ yrs) Players are seeking to play on their High School Tennis Teams. Must have completed Tennis 101 or pro approval. Must be able to maintain a rally and serve. Players are encouraged to participate in match play. \$25/class

TUESDAY 4:30-6:00 pm
THURSDAY 4:30-6:00 pm
SATURDAY 10:30-12:00 pm

VARSITY BOUND

(13+ yrs) Players continue to work on their strokes and technique, while also learning to strategize on the court.
\$25/class

TUESDAY 4:30-6:00 pm
THURSDAY 4:30-6:00 pm
SATURDAY 10:30-12:00 pm

TOURNAMENT TOUGH

(13+ yrs) This class is geared for high level tournament play. The focus is on competitive and cooperative live ball drilling to enhance skills for ambitious players.
PRO ADMIT
\$25/class

MONDAY 4:30-6:00 pm
WEDNESDAY 4:30-6:00 pm

ROOKIES

This class is for kids who have completed Green Lightning. Players continue improving live ball skills using yellow balls. Players are encouraged to participate in match play.
\$25/class

MONDAY 4:30-6:00 pm
WEDNESDAY 4:30-6:00 pm

SESSION PRICING 7 WEEKS

	30 min class	1 hour class	1.5 hour class
1 class per week	\$105	\$140	\$175
2 classes per week	\$210	\$280	\$350

JUNIOR PROGRAMS PAYMENT & MAKEUP POLICY

Full session must be prepaid. Classes will be pro-rated if beginning after start date + \$5 drop in fee per class if session is not paid in full at start of the session + \$5 guest fee per class for non-members (yellow ball classes)

MAKEUP POLICY: Front desk must be notified 24 hrs in advance of absence. No shows are not eligible for make ups. Classes must be re-scheduled with front desk. Only 2 make ups per session. **No refunds will be issued for missed classes. No credits will be issued for future sessions.** Classes must be made up within the same session, at same level and is subject to availability, where class size limit will not be exceeded.