



## THE PRINCETON TENNIS PROGRAM JUNIOR PROGRAMS

The Princeton Tennis Program 12 and Under Program is modeled after the United States Tennis Associations (USTA) guidelines for developing players 5 to 12 years old. USTA 12 and under tennis allows children to learn, compete on courts and with equipment appropriate to their stage of development. The focus is game based, and the environment facilitates the child's ability to rally and compete at an early age.

### RED BALL 1: 5 & 6 YEARS OLD

This class is an introductory class that focuses on athletic skills and basic stroke development. FUN is a key element in this class. Students will be introduced to groundstrokes and volleys in an encouraging environment.

### RED BALL 2: 6 & 8 YEARS OLD

This class will continue to reinforce proper stroke mechanics. Students will begin to rally with their groundstrokes. Children in this class will learn basics for the serve and volley. The environment will be fun, relaxed, and encouraging, facilitating the child's ability to develop technical and game skills for tennis.

### ORANGE BALL 1 SKILL BUILDER: 7 - 10 YEARS OLD

This class will continue to focus on proper technique including appropriate grip changes. Students will continue to improve their rallying skills while developing an understanding of the service return, approach shot to volley transition and overhead. The environment will be fun and encouraging, facilitating the student's ability to develop technical and game skills for tennis.

### ORANGE BALL 2 CONNECTORS: 7 - 10 YEARS OLD

This class is designed for orange ball players able to successfully rally and serve. These students will learn how to compete against each other on the singles and doubles court. Technical parameters will be and active, facilitating the development of reinforced. The environment will be positive new competitive skills and reinforcement of existing skills.

### GREEN BALL 1 SKILL BUILDER: 9 - 12 YEARS OLD

This class is designed for the 10 to 12-year-old student new to the game of tennis. This class will be taught on the regulation court with a green dot ball. The focus for this class will be on building technique for groundstrokes, volleys and serves. The environment will be fun and encouraging, facilitating the student's ability to develop technical and game skills for tennis.

### GREEN BALL 2 CONNECTORS: 9 - 12 YEARS OLD

This class is designed for green dot players able to successfully rally and serve. Technical and tactical parameters will be reinforced. Students will improve their ability to produce racquet head speed and spin on their groundstrokes and serve. Players will become more self-reliant in their tactical decision-making skills. They will begin to understand winning and losing. The environment will be positive, active, and conducive to reinforcing new and existing skills.

### **GREEN/YELLOW TEEN: 13 YEARS AND OLDER**

This class is designed for 13 and older teenager new to the game of tennis. The focus will be on technique for groundstrokes, volleys and serves. Both green dot and yellow balls will be used to benefit the student's development.

### **YELLOW 2 CONNECTORS: 11 YEARS AND OLDER**

The emphasis in this class will be rallying and serving from the baseline. Technical and tactical parameters will be reinforced. Players will become more self-reliant in their tactical decision-making skills. The environment will be positive, active, and conducive to reinforcing new and existing skills.

### **PERFORMERS: ORANGE, GREEN, AND YELLOW**

This class is designed for students who are match ready. These students can serve, rally, keep score and have been rated eligible or need to try out. Footwork, strategy, consistency, and full court match play will be evaluated.

### **HIGH SCHOOL TRAINING**

This class is geared towards students who play for their high school team, as well as participate in tournaments. Students in this class have strong technique, hit medium to fast paced shots, and play with consistency, placement, and depth. The player must have a working knowledge of all spins and proper grips. Strong movement and well-developed footwork are necessary skills for this level. This class aims to develop players through various match situations by emphasizing different tactics and playing with variety.



Eve Kraft Tennis Center: 92 Washington Road, Princeton, NJ 08550

## Fall 2022 Junior Classes October 24<sup>th</sup> - December 18<sup>th</sup>

- 2<sup>nd</sup> 8-week indoors (Thursday: 7-week session NO CLASS THURSDAY NOVEMBER 24<sup>TH</sup>)
  - Register by using your online account or call (609) 520-0015
  - \$25 withdrawal fee will be administered if player withdraws once a class begins
  - **Sign-ups begin August 1<sup>st</sup>**. Annual Pass Holders receive 10% discount
  - Classes will be held indoors at Eve Kraft Tennis Center
  - Please email if you have a special request for a private group lesson, other than sessions listed below, email – Gina Pileggi - [gina@ptp.org](mailto:gina@ptp.org)
  - One credit per session in case of illness or injury with a doctor's note provided.

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Monday	Red Ball 1	3:45pm-4:30pm	\$160	Oct 24	Dec 12
Monday	Green Ball 1	4:30pm-5:30pm	\$210	Oct 24	Dec 12
Monday	Green Ball 2	5:00pm-6:30pm	\$300	Oct 24	Dec 12
Monday	Orange Ball 2	5:30pm-7:00pm	\$300	Oct 24	Dec 12
Monday	Orange Ball 1	6:00pm-7:00pm	\$210	Oct 24	Dec 12
Tuesday	Red Ball 2	3:45pm-4:30pm	\$160	Oct 25	Dec 13
Tuesday	Green/Yellow Teen	4:00pm-5:00pm	\$210	Oct 25	Dec 13
Tuesday	Orange Ball 2	4:30pm-6:00pm	\$300	Oct 25	Dec 13
Tuesday	Orange Ball 1	5:00pm-6:00pm	\$210	Oct 25	Dec 13
Tuesday	Yellow Ball 2	5:00pm-6:30pm	\$300	Oct 25	Dec 13
Tuesday	Green Ball 2	6:00pm-7:30pm	\$300	Oct 25	Dec 13
Tuesday	Green Ball Performers	6:00pm-7:30pm	\$300	Oct 25	Dec 13
Tuesday	Yellow Performer	6:30pm-8:00pm	\$300	Oct 25	Dec 13
Wednesday	Red Ball 2	4:00pm-4:45pm	\$160	Oct 26	Dec 14
Wednesday	Orange Ball 1	4:00pm-5:00pm	\$210	Oct 26	Dec 14
Wednesday	Green Ball 1	4:00pm-5:00pm	\$210	Oct 26	Dec 14
Wednesday	Red Ball 1	5:00pm-5:45pm	\$160	Oct 26	Dec 14
Wednesday	Green Ball 2	5:00pm-6:30pm	\$300	Oct 26	Dec 14
Wednesday	Orange Ball 2	5:00pm-6:30pm	\$300	Oct 26	Dec 14

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Wednesday	Yellow Ball 2	6:30pm-8:00pm	\$300	Oct 26	Dec 14
Wednesday	High School Training	6:30pm-8:00pm	\$300	Oct 26	Dec 14
Thursday	Red Ball 1	3:45pm-4:30pm	\$140	Oct 27	Dec 15
Thursday	Red Ball 2	3:45pm-4:30pm	\$140	Oct 27	Dec 15
Thursday	Green Ball Performers	4:30pm-6:00pm	\$265	Oct 27	Dec 15
Thursday	Orange Ball 1	5:00pm-6:00pm	\$185	Oct 27	Dec 15
Thursday	Yellow Performers	5:00pm-6:30pm	\$265	Oct 27	Dec 15
Thursday	Green Ball 2	6:00pm-7:30pm	\$265	Oct 27	Dec 15
Thursday	Green/Yellow Teen	6:00pm-7:30pm	\$265	Oct 27	Dec 15
Thursday	Yellow Ball 2	6:00pm-7:30pm	\$265	Oct 27	Dec 15
Thursday	High School Training	6:30pm-8:00pm	\$265	Oct 27	Dec 15
Friday	Red Ball 1	3:45pm-4:30pm	\$160	Oct 28	Dec 16
Friday	Green Ball Performers	4:00pm-5:30pm	\$300	Oct 28	Dec 16
Friday	Orange Ball 1	4:30pm-5:30pm	\$210	Oct 28	Dec 16
Friday	Green Ball 1	4:30pm-5:30pm	\$210	Oct 28	Dec 16
Friday	Yellow Ball 2	5:30pm-7:00pm	\$300	Oct 28	Dec 16
Friday	Yellow Ball Performers	5:30pm-7:00pm	\$300	Oct 28	Dec 16
Friday	Green/Yellow Teen	5:30pm-7:00pm	\$300	Oct 28	Dec 16
Saturday	Red Ball 1	9:00am-9:45am	\$160	Oct 29	Dec 17
Saturday	Green Ball 1	10:00am-11:00am	\$210	Oct 29	Dec 17
Saturday	Red Ball 2	10:00am-10:45am	\$160	Oct 29	Dec 17
Saturday	Yellow Ball 2	10:00am-11:30am	\$300	Oct 29	Dec 17
Saturday	Orange Ball 2	11:00am-12:30pm	\$300	Oct 29	Dec 17
Saturday	Orange Ball 1	11:30am-12:30pm	\$210	Oct 29	Dec 17
Saturday	Green Ball 2	11:30am-1:00pm	\$300	Oct 29	Dec 17
Saturday	Green Ball 1	11:30am-12:30pm	\$210	Oct 29	Dec 17
Saturday	Orange Ball Performer	1:00pm-3:00pm	\$480	Oct 29	Dec 17
Saturday	Yellow Ball Performer	1:00pm-3:00pm	\$480	Oct 29	Dec 17
Saturday	Autism Program	3:00pm-4:00pm	Free	Oct 29	Dec 17
Sunday	Red Ball 1	9:00am-9:45am	\$160	Oct 30	Dec 18

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Sunday	High School Training	9:00am-11:00am	\$480	Oct 30	Dec 18
Sunday	Red Ball 2	10:00am-10:45am	\$160	Oct 30	Dec 18
Sunday	Orange Ball 1	11:00am-12:00pm	\$210	Oct 30	Dec 18
Sunday	Orange Ball 2	11:00am-12:30pm	\$300	Oct 30	Dec 18
Sunday	Green Ball 2	1:00pm-2:30pm	\$300	Oct 30	Dec 18
Sunday	Yellow Ball 2	2:30pm-4:00pm	\$300	Oct 30	Dec 18
Sunday	Green/Yellow Teen	4:00pm-5:00pm	\$210	Oct 30	Dec 18
Sunday	Green Ball 1	4:00pm-5:00pm	\$210	Oct 30	Dec 18