



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

## **Junior Second Winter Session** **February 26<sup>th</sup> - April 21<sup>st</sup>**

- 8-week session (Sunday is a 7-week session, No class on March 31)
- Registration opens November 13<sup>th</sup>
- Annual Pass Holders receive 10% discount
- Classes will be held at the Eve Kraft Indoor Tennis Center
- **NO REFUNDS. Credit for injuries with documentation from a doctor. Credit will be calculated based on the time frame in which the doctors note is received.**

# 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 1 Class Offerings

DAY	TIME	PRICE	BEGINS	ENDS
Monday	3:45 pm – 4:30 pm	\$170	Feb 26	April 15
Wednesday	5:00 pm – 5:45 pm	\$170	Feb 28	April 17
Friday	3:45 pm – 4:30 pm	\$170	March 1	April 19
Saturday	9:00 am – 9:45 am	\$170	March 2	April 20
Sunday	9:00 am – 9:45 am	\$150	March 3	April 21

### **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.

#### **Red Ball 2 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Tuesday	3:45 pm – 4:30 pm	\$170	Feb 27	April 16
Wednesday	4:00 pm – 4:45 pm	\$170	Feb 28	April 17
Thursday	4:15 pm – 5:00 pm	\$170	Feb 29	April 18
Saturday	10:00 am – 10:45 am	\$170	March 2	April 20
Sunday	10:00 am – 10:45 am	\$150	March 3	April 21

### **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 1 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Monday	6:00 pm – 7:00 pm	\$220	Feb 26	April 15
Tuesday	5:00 pm – 6:00 pm	\$220	Feb 27	April 16
Wednesday	4:00 pm – 5:00 pm	\$220	Feb 28	April 17
Thursday	5:00 pm – 6:00 pm	\$220	Feb 29	April 18
Friday	4:30 pm – 5:30 pm	\$220	March 1	April 19
Saturday	11:30 am – 12:30 pm	\$220	March 2	April 20
Sunday	11:00 am – 12:00 pm	\$200	March 3	April 21

## **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 reinforced. The environment will be positive and active, facilitating the development of new competitive skills and reinforcement of existing skills.

### **Orange Ball 2 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Monday	5:30 pm – 7:00 pm	\$310	Feb 26	April 15
Tuesday	4:30 pm – 6:00 pm	\$310	Feb 27	April 16
Wednesday	5:00 pm – 6:30 pm	\$310	Feb 28	April 17
Saturday	11:00 am – 12:30 pm	\$310	March 2	April 20
Sunday	11:00 am – 12:30 pm	\$275	March 3	April 21

## **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 1 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Monday	4:30 pm – 5:30 pm	\$220	Feb 26	April 15
Wednesday	4:00 pm – 5:00 pm	\$220	Feb 28	April 17
Thursday	5:00 pm – 6:00 pm	\$220	Feb 29	April 18
Friday	4:30 pm – 5:30 pm	\$220	March 1	April 19
Saturday	10:00 am – 11:00 am	\$220	March 2	April 20
Saturday	11:30 am – 12:30 pm	\$220	March 2	April 20
Sunday	4:00 pm – 5:00 pm	\$200	March 3	April 21

### **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 Ball 2 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Monday	5:00 pm – 6:30 pm	\$310	Feb 26	April 15
Tuesday	6:00 pm – 7:30 pm	\$310	Feb 27	April 16
Wednesday	5:00 pm – 6:30 pm	\$310	Feb 28	April 17
Thursday	6:00 pm – 7:30 pm	\$310	Feb 29	April 18
Saturday	11:30 am – 1:00 pm	\$310	March 2	April 20
Sunday	1:00 pm – 2:30 pm	\$275	March 3	April 21

### **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.

#### **Green/Yellow Teen Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Thursday	6:00 pm – 7:30 pm	\$310	Feb 29	April 18
Friday	5:30 pm – 7:00 pm	\$310	March 1	April 19
Saturday	12:30 pm – 2:00 pm	\$310	March 2	April 20
Sunday	4:00 pm – 5:00 pm	\$200	March 3	April 21

## **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.

### **Yellow Ball 2 Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Tuesday	4:00 pm – 5:00 pm	\$220	Feb 27	April 16
Tuesday	5:00 pm – 6:30 pm	\$310	Feb 27	April 16
Wednesday	6:30 pm – 8:00 pm	\$310	Feb 28	April 17
Thursday	6:00 pm – 7:30 pm	\$310	Feb 29	April 18
Friday	5:30 pm – 7:00 pm	\$310	March 1	April 19
Saturday	10:00 am – 11:30 am	\$310	March 2	April 20
Sunday	2:30 pm – 4:00 pm	\$275	March 3	April 21

## **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.

### **Performers Class Offerings**

<b>DAY</b>	<b>CLASS</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Tuesday	Green Ball Performers	6:00 pm – 7:30 pm	\$310	Feb 27	April 16
Tuesday	Yellow Ball Performers	6:30 pm – 8:00 pm	\$310	Feb 27	April 16
Thursday	Green Ball Performers	4:30 pm – 6:00 pm	\$310	Feb 29	April 18
Thursday	Yellow Ball Performers	5:00 pm – 6:30 pm	\$310	Feb 29	April 18
Friday	Green Ball Performers	4:00 pm – 5:30 pm	\$310	March 1	April 19
Friday	Yellow Ball Performers	5:30 pm – 7:00 pm	\$310	March 1	April 19
Saturday	Yellow Ball Performers	12:30 pm – 2:00 pm	\$310	March 2	April 20
Saturday	Green Ball Performers	1:00 pm – 2:30 pm	\$310	March 2	April 20

## 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.

### High School Training Class Offerings

DAY	TIME	PRICE	BEGINS	ENDS
Wednesday	6:30 pm – 8:00 pm	\$310	Feb 28	April 17
Thursday	6:30 pm – 8:00 pm	\$310	Feb 29	April 18
Sunday	9:00 am – 11:00 am	\$425	March 3	April 21

### Other Class Offerings

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Saturday	Autism	2:30 pm – 3:30 pm	No Cost	March 2	April 20