

# Junior Eagles Tennis Program



## TENNIS

The American Club offers group instruction for children aged 4 - 16.  
All classes are based on ability and placement in the proper group is at the discretion of the teaching professionals.

### **YELLOW EAGLES** | Ages 4 – 6

**Cost: \$20.25 per session** | Ratio: 1 coach per 6 kids

An introductory class for young children with an emphasis on motor skills and hand-eye coordination.

- **Monday** 4:00 - 4:45 p.m. / 4:45 - 5:30 p.m. / 5:30 - 6:15 p.m.
- **Tuesday, Wednesday & Thursday** 4:00 - 4:45 p.m.
- **Saturday** 8:15 - 9:00 a.m.
- **Wednesday** 5:30 - 6:15 p.m.

### **RED EAGLES** | Ages 6 – 8

**Cost: \$21.50 per session** | Ratio: 1 coach per 6 kids

This class emphasizes technique for the basics strokes as well as motor skills.

- **Monday** 5:30 - 6:30 p.m. / 4:30 - 5:30 p.m.
- **Tuesday** 4:00 - 5:00 p.m.
- **Wednesday** 4:00 - 5:00 p.m.
- **Thursday** 4:00 - 5:00 p.m.
- **Friday** 4:30 - 5:30 p.m.
- **Saturday** 8:00 - 9:00 a.m. / 9:00 - 10:00 a.m. / 4:00 - 5:00 p.m.

### **WHITE EAGLES** | Ages 8 – 10

**Cost: \$21.50 per session** | Ratio: 1 coach per 6 kids

The major strokes are reinforced with an emphasis on consistency. Introduction to match play and increasing tactical awareness.

- **Monday** 5:30 - 6:30 p.m. / 4:30 - 5:30 p.m.
- **Tuesday** 4:00 - 5:00 p.m.
- **Wednesday** 4:00 - 5:00 p.m.
- **Thursday** 4:00 - 5:00 p.m.
- **Friday** 4:30 - 5:30 p.m. / 5:30 - 6:30 p.m.
- **Saturday** 9:00 - 10:00 a.m. / 4:00 - 5:00 p.m.

### **BLUE EAGLES** | Ages 10 – 13

**Cost: \$27.75 per session** | Ratio: 1 coach per 6 kids

For players that are ready to start competitive play. The class will reinforce technique and stroke production and introduce court position and strategy.

- **Tuesday** 5:00 - 6:30 p.m.
- **Friday** 5:30 - 7:00 p.m.
- **Wednesday** 5:00 - 6:30 p.m.
- **Saturday** 11:30 a.m. - 1:00 p.m.
- **Thursday** 5:00 - 6:30 p.m.

### **EAGLES DEVELOPMENT SQUAD**

**Cost: \$27.75 per session** | Ratio: 1 coach per 6 kids

This group is designed for experienced players with an emphasis on singles and doubles strategy.

- **Tuesday** 5:00 - 6:30 p.m.
- **Friday** 11:30 a.m. - 1:00 p.m.
- **Wednesday** 5:00 - 6:30 p.m.
- **Thursday** 5:00 - 6:30 p.m.

### **ADVANCED SQUAD** (Former Elite Squad) | **Pro recommendation required Cost: \$40 per session**

Based on skill levels and coaches' assessment

This class targets Junior Players who are willing to take their tennis skills to the next level. The class focus on intensity, technique and live ball drills.

- **Sunday** 1:00 p.m. - 2:30 p.m. or 2:30 p.m. - 4:00 p.m.
- **Weekdays** Timing TBA, depending on availability and interest

### **TOURNAMENT SQUAD** | **Pro recommendation required Cost: \$40 per session**

Players who are continuing to develop good physical abilities, technical skills, tactical tasks & strong mental attitude.

#### **Reminders:**

Due to Redevelopment, the Junior Tennis Wet Weather Program is no longer available. In the event of inclement weather, tennis lessons will be cancelled and Members will be notified via SMS. The Fitness & Leisure Team will notify Members once the Junior Wet Weather Program is reinstated.

\* The above prices are inclusive of GST. Updated on 2019 August

