

ADULT CLINICS

1.0 Beginner

Monday 9:30-10:30am or 6:00-7:00pm

Tuesday 9:30-10:30am

Wednesday 6:00-7:00pm

Thursday 9:30-10:30am or 6:00-7:00pm

2.0

Monday 10:30-12:00pm

Tuesday 6:00-7:00pm

Wednesday 9:30-10:30am

Thursday 10:30-12:00pm

2.5 / 3.0

Monday 10:30-12:00pm

Tuesday 10:30-12:00pm

Tuesday 5:30-7:00pm

Thursday 10:30-12:00pm

Thursday 5:30-7:00pm

3.5 / 4.0

Monday 5:30-7:00pm

Wednesday 9:30-11:00am

Thursday 5:30-7:00pm

Point Play & Cardio Tennis

Please check our website for current Point Play & Cardio Tennis offerings and to sign up.

ADULT CLINIC INFORMATION

May 1 to June 23 (8 weeks)

PRICING

60 MINUTE CLINIC - \$500.00

90 MINUTE CLINIC - \$720.00

PRIVATE LESSONS

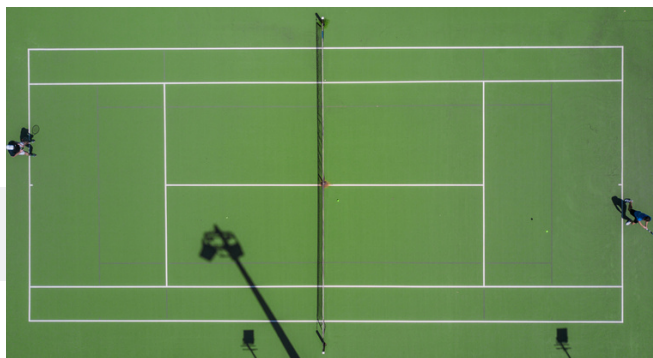
60 MINUTES - \$130.00

\$170 (DIRECTOR)

30 MINUTES - \$80.00

\$30 EACH ADDITIONAL PLAYER PER HOUR

INSTA:



CONTACT DETAILS

(203) 637-3398

INFO@OLDGREENWICHTENNISACADEMY.COM

WWW.OLDGREENWICHTENNISACADEMY.COM



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JUNIOR & ADULT PROGRAM INFORMATION

SPRING 2023



OLD GREENWICH
TENNIS ACADEMY



151 SOUND BEACH AVE.

OLD GREENWICH, CT 06870

(ACROSS FROM THE RAILROAD STATION)

RED BALL 1 FUNDAMENTALS (AGES 4-6)

Fun is an important part of the program! Children are exposed to games that are both fun and tennis-related to increase their movement, balance, and basic coordination.

Monday	3:30 - 4:30 or 4:30 - 5:30
Tuesday	3:30 - 4:30 or 4:30 - 5:30
Wednesday	3:30 - 4:30 or 4:00 - 5:00
Thursday	3:30 - 4:30 or 4:30 - 5:30

RED BALL 2 ENHANCED (AGES 6-8)

A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36 court. Both reception and projection activities will be emphasized. Children will learn the first stages of cooperative tennis. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 36 court. They will learn adaptive skills that will be the foundation of their future tennis development.

Monday	3:30 - 4:30 or 4:30 - 5:30
Tuesday	3:30 - 4:30 or 4:30 - 5:30
Wednesday	3:30 - 4:00 or 4:00 - 5:00
Thursday	3:30 - 4:30 or 4:30 - 5:30

ORANGE BALL 1 FUNDAMENTALS (8-10)

These students work on skill development on the 60 foot court to serve, rally, play the net, and score. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the 60 foot court.

Monday	3:30 - 4:30 or 4:30 - 5:30
Tuesday	3:30 - 4:30 or 4:30 - 5:30
Wednesday	5:00 - 6:00
Thursday	3:30 - 4:30 or 4:30 - 5:30

ORANGE BALL 2 ENHANCED (8-10)

Children will experience the 5 play situations on the 60 court and will refine their tactical/technical skills. Concepts of offense/defense will be introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. A variety of adaptive skills will be trained using dead ball drills, live ball drills and competitive play situations in all areas of the court.

Monday	3:30 - 4:30 or 4:30 - 5:30
Tuesday	3:30 - 4:30 or 4:30 - 5:30
Wednesday	5:00 - 6:00
Thursday	3:30 - 4:30 or 4:30 - 5:30

GREEN BALL 1 FUNDAMENTALS AND GREEN BALL 2

Green ball 1 students work on skill development on the full court to serve, rally, play the net, and score. The children will learn how to initiate a rally, how to move and judge a ball (reception and centering skills), how to control the racquet at the contact point and control the height, direction and depth to be successful on the full court.

Green ball 2 students will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the five play situations will be planned in the curriculum. This is the final development stage before the children enter the Yellow Ball Program.

Monday	4:30 - 5:30 or 5:30 - 7:00
Tuesday	4:30 - 5:30 or 5:30 - 7:00
Wednesday	4:00 - 5:00
Thursday	4:30 - 5:30 or 5:30 - 7:00

YELLOW BALL 1 FUNDAMENTALS AND YELLOW 2

Yellow Ball 1 is a JV Intermediate program is for teenagers who are relatively new to tennis. Learn to rally and play is the theme of each class. The students will be exposed to all the basic skills of tennis including strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

Yellow Ball 2 students will be exposed to a full range of technical/tactical development. All court tennis will be emphasized. The program will focus on drills that develop movement, recovery and decision making skills. Situational and competitive play in the five play situations will be planned in the curriculum.

Monday	5:30 - 7:00
Tuesday	5:30 - 7:00
Wednesday	5:30 - 7:00
Thursday	5:30 - 7:00

VARSITY QUEST (AGES 12-17)

This group prepares for high school JV or Varsity tennis. Emphasis is placed on point play. Singles and doubles tactics, positioning, and shot selection are practiced every day as well as skill development for the first 20 minutes of every clinic. Competitive. This class is geared towards the more serious team athlete or tournament competitor. Competitive drills and situational point play is used to reinforce sound tactics and to achieve peak performance.

Monday	5:30 - 7:00
Tuesday	5:30 - 7:00
Wednesday	5:30 - 7:00
Thursday	5:30 - 7:00

JUNIOR CLINIC INFORMATION

May 1 to June 23 (8 weeks)

PRICING STRUCTURE

30 MINUTE CLINIC - \$240.00
45 MINUTE CLINIC - \$375.00
60 MINUTE CLINIC - \$475.00
90 MINUTE CLINIC - \$720.00

PRIVATE LESSONS

60 MINUTES - \$130.00 STAFF PRO
60 MINUTES - \$170.00 DIRECTOR

\$30 EACH ADDITIONAL PLAYER PER HOUR

SUMMER CAMP SESSIONS

The Junior Summer tennis program offers children of all ages and abilities the opportunity to learn solid tennis fundamentals through guided-discovery learning. All levels of play participate in team competitions, singles and doubles round robins. Students will work technique, tactics, fitness, sportsmanship and much more.

- 3 hours instruction daily
- Low student-coach ratio.
- Strategy and fundamentals.
- Games and fun.
- Team competition making friends and memories that last a lifetime.

Session 1 - June 26 - June 30

Session 2 - July 3 - July 7

Session 3 - July 10 - July 14

Session 4 - July 17 - July 21

Session 5 - July 24 - July 28

Session 6 - July 31 - August 4

(Two weeks is best because of the structure of the camp.)