



Junior Tennis Development Programs

Dates:
September 5th-
December 23rd

January 9th-
May 27th

North Dodge Athletic Club

Iowa City's Largest and Most Complete Fitness Club

North Dodge Athletic Club

**2400 North Dodge Street
Iowa City, IA 52245**

Phone: 319-351-5683

E-mail: tennis@ndacgym.com



Director of Tennis:
Michael D. Shires
USPTA Elite Professional

Tel: 319-351-5683

Saturday Drop In's

RED BALL (6-8 yrs): Red Ball. 36' court. 21-23"

racquet: This program will introduce the little player to the game of tennis in a fun and rewarding way. All fundamental strokes will be taught using small racquets and red balls on special 36ft courts with a smaller net size. This program will focus on gross motor skills, coordination, judgment, basic stroke mechanics, and having fun, fun, and fun!

Times: 9:00-10:00am

Cost: \$10.00 M/\$12.00 NM

ORANGE BALL (9-10 yrs): Orange Ball. 60' court.

25" racquet. This program involves preparing the player for match play. Self-feeding and rallying is emphasized. Serving is reviewed, return of serve and playing out singles and doubles points are experienced. There is a greater focus on combining different shots. Learning how to lob and hit an overhead is taught. Serving is reviewed and return of serve is introduced. Scoring is reviewed, more rules are introduced and court is etiquette explained. Cooperative and competitive games will be played.

Times: 10:00-11:00am

Cost: \$10.00 M/\$12.00 NM

GREEN BALL (11-12 yrs): Green Ball. 78' court. 25-27" racquet. This is for the Beginner or Advanced Beginner. It is a fast track course to introduce these young students to all the basic strokes, simple rules, sportsmanship and court etiquette. Cooperative skill building techniques, competitive games will be used. "Skills-Drills-Thrills" will be a repeated focus throughout this program.

Times: 11:00-12:00pm

Cost: \$10.00 M/\$12.00 NM



Futures & Champs

Pathway to the "ACADEMY" program.

RED BALL (6-8 yrs): Red Ball. 36' court. 21-23" racquet.

Days: Monday & Wednesday

Times: 3:30-4:25pm

Cost: \$100.00 per month

ORANGE BALL (9-10 yrs): Orange Ball. 60' court. 25" racquet.

Days: Monday & Wednesday

Times: 4:30-5:30pm

Cost: \$100.00 per month

GREEN BALL (11-12 yrs): Green Ball. 78' court. 25-27" racquet.

Days: Monday & Wednesday

Times: 4:30-5:30pm

Cost: \$100.00 per month

FUTURE'S (13-15 yrs): Yellow Ball. 78' court. 27" racquet.

Days: Monday & Wednesday

Times: 5:30-6:30pm

Cost: \$100.00 M/\$120.00 NM

Champs (16-18 yrs): Yellow Ball. 78 ft court. 27" racquet.

Days: Monday & Wednesday

Times: 5:30-6:30pm

Cost: \$100.00 M/\$120.00 NM

Academy

By invitation only from the Tennis Staff

Challenger

Maximum of 15 slots available

Days: Tuesday & Thursday

Times: 4:30-6:30pm

Cost: \$230.00 per month (Members)

\$260.00 per month (non-members)

Top Guns

Maximum of 15 slots available

Days: Tuesday & Thursday

Times: 4:30-6:30pm

Cost: \$230.00 per month (Members)

\$260.00 per month (Non-members)

The demands on these groups are high as are the rewards! Players are generally participating in local and state tournaments. The focus is on the achievement of higher goals and rankings.

Contact Mike Shires-USPTA Elite Professional at

319-351-5683

To sign up.

