



CUSTOMIZED PROGRAMS

TENNIS @ PROGRAM SERVICES:

ADULT PROGRAMMING

Cardio Tennis Clinics

Fast Action Tennis Clinic (F.A.T.)
Cardio Tennis
Live Ball
Boot Camp

Instructional Clinics

Adult Beginner Clinic
Advanced Beginner Clinic
Men's & Women's Doubles Clinic

Build Your Own Clinic

U.S.T.A League Play

JUNIOR PROGRAMMING

Jr. Program Clinics

RED BALL CLINIC- Red felt ball with a "slow & low" bounce (for kids aged 5-6)

ORANGE BALL CLINIC- An orange ball has a much reduced bounce (for kids aged 7-8.

GREEN CLINIC: A Green ball has a slightly reduced bounce from a standard tennis ball (for kids aged 9-10)

YELLOW BALL CLINIC: Yellow ball, (for kids aged 11 & above) the standard tennis ball we all know

TEENS CLINIC: Yellow ball, (for kids aged 13-18)

HIGH-PERFORMANCE CLINIC

TOURNAMENT TRAINING: For kids with a USTA sectional or national ranking

Jr. Tennis Boot Camp

U.S.T.A. Jr. Team Tennis

PRIVATE LESSONS/HITTING SESSIONS

DIRECTOR OF TENNIS: Michael Redmond

For more information about having a customized **TENNIS @** program designed for you please contact Michael at the contact information provided.