



# Almaden Swim & Racquets Club

## Class Descriptions



### **Tiny Tot Tennis**

An introduction to tennis for 4-7 year-olds focusing on hand-eye coordination, running and balance taught in a fun oriented atmosphere with games and prizes.

### **Group Lessons**

An introduction to tennis for 7-14 year-olds (grouped by age) focused on strokes, rules & scoring presented in a fun, fast-paced clinic. This class will prepare students for Junior Interclub.

### **Junior Interclub**

This class is designed for students 7-12 years-old who can already serve, but have limited match play experience. This class will introduce players to spins, shot selections and basic match play strategies.

### **Junior Aces**

This class is for middle school to high school aged players with match play experience. The focus is on drills, live-ball situational strategies, competitive games with an introduction to the mental side of the game.

### **Junior League**

This class is designed for advanced level juniors with focus on becoming better match players through drilling, live-ball competitions and conditioning.

### **High Performance Team**

An invitation-only team designed for high school and tournament level juniors focusing on advanced match play strategies, stroke production and conditioning. This is offered in 4 week sessions; Mon., Wed. & Fri. from 3:30-6:00pm. Coached by Bill Kress & Oren Motevassel.