



## 2019-20 Indoor Tennis Program Guide

Session II

January 21st - March 16th

(8 - weeks)

**Park Forest Tennis & Health Club**  
290 Westwood Drive, Park Forest, IL

**TO REGISTER PLEASE VISIT**

**[WWW.WIZKIDSCAMPS.COM](http://WWW.WIZKIDSCAMPS.COM)**

OR

**[WWW.SOCIALMAXTENNIS.COM](http://WWW.SOCIALMAXTENNIS.COM)**

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### JUNIOR TENNIS PROGRAMS

#### Red Ball Rock Stars - Ages 5-8

This is the introductory class for juniors who are still building fundamentals. The game based learning environment is designed to accelerate technical and competitive skill development.

**Program Time:**  
**Saturday: 11-12 pm**



#### High Performance - Ages 11-14

This group exclusively focuses on competitive match-play and furthering tournament preparedness. A coach's recommendation is required for placement into this class. New students must complete a performance assessment prior to enrollment. ***Participants are expected to maintain weekly scheduled tennis lessons and annually compete in 5-6 USTA tournaments.***

**Program Times:**  
**Wednesday: 6-8 pm**  
**Saturday: 9-11 am**

#### Junior Development - Ages 9-13

For juniors who are still developing their skills. Emphasis is placed on the technical aspects of the game, ball placement and an introduction to match-play. (Green dot ball development)

**Program Times:**  
**Wednesdays: 6-7 pm**



#### Five Star - Ages 14-17

This program strengthens fundamentals through drills, and match play, along with the mental, tactical, and physical conditioning necessary to groom elite level competitors. A coach's recommendation is required for placement into this class. New students must complete a performance assessment prior to enrollment. ***Participants must be on their high school varsity team or regularly compete in USTA tournaments.***

**Program Time:**  
**Wednesday: 6-8 pm**

#### Junior Select - Ages 10-14

For juniors who exhibit high potential and would like to sharpen their skills for competitive level play. A great deal of emphasis is placed on stroke production/grips, the rules, scoring and match strategy.

**Program Times:**  
**Wednesday: 6-8 pm**  
**Saturday: 9-11 am**

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# ADULT TENNIS, SPECIALTY PROGRAMMING & MORE

### Social Max Tennis Club

For adults interested in developing their game there are two groups. One for beginners which puts a great deal of emphasis on introductory player development and drills. The second group is for Advanced players interested in drills and competitive play.

#### Program Time:

#### Drills and Skills for Beginners:

Monday: 8-9 pm

#### Power Drills & Play for 3.0-3.5 players

Mondays: 6-8 pm

#### Private Lessons (Includes court fees)

\$60 per hour - non-prime

\$65 per hour prime



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**PROGRAMS FEES**

<b>Program Name</b>	<b>Program Day/Time</b>	<b>Session Fee</b>
<b>Junior Group Tennis Programming</b>		
Red Ball Rock Stars	Saturdays 11am-12 pm	\$105
Junior Development (Green Dot)	Wednesdays 6-7 pm	\$105
Junior Select	Wednesdays 6-8 pm	\$165
Junior Select	Saturdays 9-11 am	\$165
High Performance	Wednesdays 6-8 pm	\$165
High Performance	Saturdays 9-11 am	\$165
Five Star	Wednesdays 6-8 pm	\$165



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### PROGRAMS FEES

<b>Program Name</b>	<b>Program Day/Time</b>	<b>Session Fee</b>
<b>Adult Tennis &amp; Private Lessons</b>		
Social Max Power Drills for Beginners	Mondays 8-9 pm	\$105
Social Max Power Drills & Play - 3.0-3.5	Mondays 6-8 pm	\$165
Private Lessons (prime & non-prime)		\$60

