

## Superstars Level Classes

Per drill: 60 minutes \$18.00 member/\$23.00 non-member

### SUPERSTARS I

Age: 7–9 years

Can hit baseline to baseline several times with a low compression tennis ball. Is able to hit short court with a regular tennis ball back and forth. Working on good fundamentals for the foundations of their ground strokes. Uncomfortable at net.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	1:00	Jason	\$162.00	\$207.00	\$144.00	\$184.00
Monday	4:00	Dave	\$162.00	\$207.00	\$162.00	\$207.00
Thursday	4:30	Dave	\$162.00	\$207.00	\$162.00	\$207.00
Saturday	8:30	Andy	\$162.00	\$207.00	\$144.00	\$184.00

### SUPERSTARS II

Age: 8–11 years

Has had some prior instruction. Can hit baseline to baseline several times with a regular tennis ball. Starting to use proper technique in play and working on positioning. Serves are still inconsistent but necessary because some point play and games will begin with a serve. Net play is encouraged.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	2:00	Jason	\$162.00	\$207.00	\$144.00	\$184.00
Monday	4:30	Tim	\$162.00	\$207.00	\$162.00	\$207.00
Wedn.	4:00	Dave	\$162.00	\$207.00	\$180.00	\$230.00
Thursday	5:00	Jeff	\$162.00	\$207.00	\$162.00	\$207.00
Saturday	10:30	Jeff	\$162.00	\$207.00	\$144.00	\$184.00

### SUPERSTARS III

Age: 8–14 years

Student should have 1–2 years experience. Fairly consistent in ground strokes and working on spin with some directional intent. Lacks depth control. Proper form should be present in rallies. Serves are working on consistency and control. Forehand volleys are consistent at the net. Baseline play is a more comfortable position than the net.

These students are ready to start playing Junior Rookie level tournaments.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	3:00	Jason	\$162.00	\$207.00	\$144.00	\$184.00
Monday	5:00	Dave	\$162.00	\$207.00	\$162.00	\$207.00
Tuesday	4:30	Mano	\$162.00	\$207.00	\$180.00	\$230.00
Wedn.	5:00	Dave	\$162.00	\$207.00	\$180.00	\$230.00
Thursday	5:30	Andy	\$162.00	\$207.00	\$162.00	\$207.00
Saturday	10:00	Mano	\$162.00	\$207.00	\$144.00	\$184.00

## JUNIOR MIX-UP & MAKE-UP

Every tennis class gets a **FREE** weekly Friday Junior Mix-up & Make-up play class. This is to support a key part of their growth as young players as well as serving as a make-up for any missed lessons during the session.

The Mix-up & Make-up is a pro supervised format where we pair players together to play out points and games of singles and doubles.

Mix-up & Make-up is open to any junior program participant who is a member or enrolled in the program.

Quickstart Pee Wee I & II: 4-5 p.m.

Futurestars, Jr Rally & Superstars I: 5-6 p.m.

Intermediate Top Spinner, Superstars 2 & above: 4-6 p.m.

### Fall Junior Rookie Tournaments

- **October 15** 12—9:00 p.m.
- **November 12** 12—9:00 p.m.
- **December 10** 12—9:00 p.m.

## Fitness Plus Classes

Per class: 30 minutes \$8.00/member & non-member

### Fitness Plus

A 1/2 hour class supplementing some of our Superstars II & III level classes with an added fitness component. While playing games and going through obstacle courses, the children will work on the fundamentals of running, jumping, strength and endurance with an emphasis on rotation, balance, speed & agility to help improve their tennis game.

			Session I		Session II	
			Member	Non	Member	Non
SS II :						
Monday	5:30	David	\$72.00	\$72.00	\$72.00	\$72.00
SS III :						
Tuesday	5:30	Steph	\$72.00	\$72.00	\$80.00	\$80.00

## Teen Introductory Classes

Per drill: 1 hr. \$18.00 Member ~ \$23.00 Non-member

### TEEN INTRODUCTORY

Age: 12-15 years

This group is geared toward those teens that have little or no experience in tennis.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	1:30	Tim E.	\$162.00	\$207.00	\$144.00	\$184.00
Tuesday	5:30	Jeff	\$162.00	\$207.00	\$180.00	\$230.00
Saturday	11:30	Jeff	\$162.00	\$207.00	\$144.00	\$184.00



## Excellence Level Classes

Per drill: 1 1/2 hr. \$23.00 Member ~ \$28.00 Non-member

### EXCELLENCE

Age: Pro approved

Minimum 2 years of experience and lessons. Improved consistency on ground strokes. Good form should be apparent on ground strokes, volleys and serves. Serves are working on spins and power. Can execute forehand and backhand volleys. Working on doubles skills. Transition areas difficult. Less emphasis on form, more time spent on spins and playing styles.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	2:30	Tim E.	\$207.00	\$252.00	\$184.00	\$224.00
Monday	4:00	Jason	\$207.00	\$252.00	\$207.00	\$252.00
Tuesday	5:30	Tim E.	\$207.00	\$252.00	\$230.00	\$280.00

### EXCELLENCE I

Age: Pro approved

2-4 years of experience and lessons, varsity level players, know how to hit spin in competitive play. Ground strokes are consistent and hits depth under control. Player can direct ball with consistency and depth on moderate serves, developing spin. Working on placement of forehand and backhand volleys. Becoming offensive at the net.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	4:00	Jason	\$207.00	\$252.00	\$184.00	\$224.00
Wedn.	5:00	Tim E.	\$207.00	\$252.00	\$230.00	\$280.00
Saturday	10:30	Andy	\$207.00	\$252.00	\$184.00	\$224.00

## EXCELLENCE II

Age: Pro approved

This is for the strong varsity player. Drills are intensive and extra play is mandatory. Strategy in both singles & doubles is taught during practice.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	4:00	Tim E.	\$207.00	\$252.00	\$184.00	\$224.00
Monday	5:30	Jason	\$207.00	\$252.00	\$207.00	\$252.00
Saturday	12:00	Andy	\$207.00	\$252.00	\$184.00	\$224.00

## GIRL'S HIGH SCHOOL TEAM LESSON GROUPS

These groups are very popular because the ages are restricted to high school and monitored by ability levels. This is the off season for the girls and the time to make improvements and adjustments to their game. Stroke production, practice play and fun game interaction is part of the building process.

			Session I		Session II	
			Member	Non	Member	Non
Sunday	1:30	Open	X	X	\$184.00	\$224.00
Tuesday	3:00	JV	X	X	\$230.00	\$280.00
Wedn.	3:00	Varsity	X	X	\$230.00	\$280.00
Thursday	3:00	JV Blue	X	X	\$207.00	\$252.00
Saturday	12:30	Open	X	X	\$184.00	\$224.00

## JR & HIGH SCHOOL TOURNAMENT TOUGH (pro approved)

This program is designed for the above average player who is active in tournaments and already has developed stroke technique. They will be looking to play varsity in high school and have college tennis as a long term goal. The high school level will have a high level of pace and consistency. The Jr level will focus on good stroke technique and consistency.

			Session I		Session II	
			Member	Non	Member	Non
Junior	Sat. 8:30	Mano	\$207.00	\$252.00	\$184.00	\$224.00
H.School	Sat. 11:00	Mano	\$207.00	\$252.00	\$184.00	\$224.00
H.School	Sun. 5:30	Tim E.	\$207.00	\$252.00	\$184.00	\$224.00

## WEATHER CANCELLATIONS

If we must cancel our junior programs due to weather, please look for notification on the home page of our website ([www.lcclub.com](http://www.lcclub.com)).

Make-up classes will be held the last junior round robin of the session.



# 2011 Fall Junior Tennis Programs

**Session I:  
September 6—November 7**

**Session II\*:  
November 8—January 22**

**\*No class:  
November 24—27  
December 23—January 1**



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## New USTA, USPTA, USPTR supported program \*\* 10 & Under using the QUICKSTART Format \*\*

This is a new format in junior tennis training. It is an exciting and progressive path to introduce fundamental strokes, rally progression, scoring, and sportsmanship through fun games & drills utilizing appropriate size equipment allowing children to play quickly & successfully. Footwork, movement, and balance training are integrated into every class.

### QUICKSTART Pee Wee I & Pee Wee II

Per drill: 45 minutes \$13.50 member & non-member

**Quickstart Pee Wee Tennis** is designed especially for boys and girls ages 4-6. The lessons take place on miniature courts with smaller size racquets and soft foam balls. Grandchildren and non-members are welcome to participate.

				Session I	Session II
PW I	Tuesday	4:00	Jeff	\$121.50	\$135.00
PW I	Wedn.	4:00	Andy	\$121.50	\$135.00
PW I	Thursday	3:30	David	\$121.50	\$121.50
PW I	Saturday	9:00	Jeff	\$121.50	\$108.00
PW II	Tuesday	4:45	Jeff	\$121.50	\$135.00
PW II	Wedn.	4:45	Andy	\$121.50	\$135.00
PW II	Thursday	3:30	Bridgette	\$121.50	\$121.50
PW II	Saturday	9:45	Jeff	\$121.50	\$108.00

### QUICKSTART Futurestars & Futurestars Plus

Per drill: 60 minutes \$18.00 member & non-member

In the next step of our Pee Wee Program, we introduce regulation balls, full court play, and a fitness component. Your child will spend 1 hour rotating between tennis instruction and working with a personal trainer introducing fitness for fun into their lives.

				Session I	Session II
FS	Sunday	11:00	Tim S.	\$162.00	\$144.00
FS +	Tuesday	4:00	Dave	\$162.00	\$180.00
FS +	Wedn.	5:30	Andy	\$162.00	\$180.00
FS +	Saturday	9:30	Andy	\$162.00	\$144.00

### Junior Rally I & II

Per drill: 60 minutes \$18.00 member & \$23.00 non-member

#### JUNIOR RALLY I & II

7—8 years

For the junior who has little or no tennis experience or who is beginning to rally the ball with a partner. There will be fun 10-15 minutes of footwork, movement, and balance training integrated into every class. Started at a young age, tennis conditioning is proven to enhance the learning and motor skills needed for the best possible performance on the tennis court and to all other sports the child plays.

			Session I		Session II		
			Member	Non	Member	Non	
JR I	Monday	4:00	Tim S.	\$162.00	\$207.00	\$162.00	\$207.00
JR II	Monday	5:00	Tim S.	\$162.00	\$207.00	\$162.00	\$207.00
JR I	Tuesday	4:30	Bridgette	\$162.00	\$207.00	\$180.00	\$230.00
JR II	Saturday	10:00	Bridgette	\$162.00	\$207.00	\$144.00	\$184.00

### Intermediate Top Spinner I & II

Per drill: 60 minutes \$18.00 member & \$23.00 non-member

#### INTERMEDIATE TOP SPINNER I & II

8-12 years

For the intermediate junior player looking to improve their tennis stroke technique, footwork, and match play strategy skills all while having fun. Focus is on fine tuning stroke technique with the use of challenging drills and point play simulation. Match play strategies will also be discussed and integrated throughout class.

			Session I		Session II		
			Member	Non	Mem-	Non	
ITS I	Sunday	9:00	Tim S.	\$162.00	\$207.00	\$144.00	\$184.00
ITS II	Sunday	10:00	Tim S.	\$162.00	\$207.00	\$144.00	\$184.00

**Register for classes online now at [www.lcclub.com](http://www.lcclub.com).  
Click on the "online Services" button  
on the top right corner of our homepage!**