



Leisure Services Department **Parks and Recreation** **Junior Development Program**

Group Tennis Lessons

September

Tuesday	Sept 3 rd - Oct 1 st	Price
8 & Under	4 - 5 p.m.	\$45
10 & Under	5 - 6 p.m.	\$45
11 & Over	6 - 7 p.m.	\$45
Wednesday	Sept 4 th - Oct 2 nd	
8 & Under	4 - 5 p.m.	\$45
10 & Under	5 - 6 p.m.	\$45
11 & Over	6 - 7 p.m.	\$45
Thursday	Sept. 5 th - Oct 3 rd	
8 & Under	4 - 5 p.m.	\$45
Friday	Sept 6 th - Oct 4 th	
5 & Under	4:15 - 5 p.m.	\$45

October

NO CLASS: 10/31

Tuesday	Oct 8 th - Oct. 29 th	Price
8 & Under	4 - 5 p.m.	\$36
10 & Under	5 - 6 p.m.	\$36
11 & Over	6 - 7 p.m.	\$36
Wednesday	Oct 9 th - Oct 30 th	
8 & Under	4 - 5 p.m.	\$36
10 & Under	5 - 6 p.m.	\$36
11 & Over	6 - 7 p.m.	\$36
Thursday*	Oct 10 th - Oct 24 th	
8 & Under	4 - 5 p.m.	\$27
Friday	Oct 11 th - Nov 1 st	
5 & Under	4:15 - 5 p.m.	\$36

Two Month Saturday Program

***No Class: Oct 12th and 26th**

*Saturday	Sept 7 th - Nov 2 nd	Price
5 & Under	8:15 - 9 a.m.	\$63
8 & Under	9 - 10 a.m.	\$63
10 & Under	10 - 11 a.m.	\$63
11 & Over	10 - 11 a.m.	\$63

REGISTRATIONS ARE TO BE DONE IN PERSON ONLY
ACCEPTABLE PAYMENT OPTIONS: CASH OR CHECK PAYABLE TO "SEMINOLE COUNTY"

Sylvan Lake Park (407) 665-2180

845 Lake Markham Road, Sanford, FL 32771 • RAIN OUT LINE: (407) 665-PARK (7275) • Open M - F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks



**quickstart tennis
program**



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Junior Development Tennis Overview

The Junior Development program is a series of lessons where FUN is a priority as participants “play to learn,” developing skills through a positive learning experience and with a sense of accomplishment. Certified professionals provide a great learning environment for the developmental learning stages. Players will focus on movement, balance, throwing and catching the ball, swing motions, making contact, grips and stroke development. As players continue to improve additional skill sets will focus on coordinating movement and balance, and hitting the ball with purpose and direction. Game concepts and scoring will be introduced.

The USTA 10 & Under QuickStart teaching format will be incorporated with the younger age groups using smaller courts, low pressure and slow bounce balls, lighter racquets, and lower nets.

Age Groups

- 5 and Under, 8 and Under: 36' x 18' court, 19", 21", or 23" rackets, foam and/or red balls
- 10 and Under: 60' court, 23" to 25" rackets, orange balls
- 11 and over (middle school and high school-up to 17 years old): Regulation size court, 25" to 29" racquets, green and/or regulation tennis balls
- Participants have the option to bring their own tennis racquet or borrow one for class time

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IT STARTS IN
PARKS
Coaching. Connecting. Community.



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