

Indoor Training Center Programs Offered Year-Round

An NTC Rating is needed for class enrollment. Evaluations are conducted by our NTC Professional Staff

Junior Tennis Programs

Quickstart Tennis Format : 10 & Under Juniors

Form QS

The 10 and under Tennis programs use the Quickstart Format for learning tennis. The format introduces tennis to children based on age, physical size and ability. By modifying the court dimensions (36' or 60' in length courts), equipment (tennis rackets and balls), net height and scoring system, coupled with a play component, children develop better technical and point playing skills.

Ages 4- 6 years

Tots ages 4-under 6: Players are introduced to the fundamentals of tennis through drills and play based activities.

Ages 6 plus to under 10 years

Players begin to master hand/eye coordination, tracking the ball, and large motor skills. Progressive development and execution of tennis strokes and learning through game based activities are core objectives of our programs. Players are introduced to the fundamentals of tennis stroke production starting in the first level and continue by learning the game format and scoring. As the players learn to consistently execute the basic strokes they begin to develop an understanding of the game. Overhand serves are introduced and point play is a basic part of the program from QS1 to the advanced levels.

QS1-Beginners

QS2-Advanced Beginners

QS3-Low Intermediate

QS Mini Olympic-Intermediate

QS Tournament Prep – Designed for players who are successfully competing in 8U and 10U tournaments.

Junior Development Programs: ages 10 - 18

Form JD

Ages 10–12

Beginner – RED (1.0-1.5): Players are introduced to the fundamentals of tennis through drills and play based activities.

Advanced Beginner – GREEN (2.0): Players have limited on court experience and are still developing their basic tennis strokes.

Low Intermediate – BLUE (2.5): Overhead serves and games based drills are a focal point at this level.

Intermediate – BRONZE (3.0): Players have developed an overall game. They are starting to understand basic tactical and strategic approaches to match play.

Ages 13–17

High School-Beginner – RED (1.0-1.5): Players are introduced to the fundamentals of tennis through drills and play based activities.

High School-Advanced Beginner – GREEN (2.0): Players continue to perfect the basic tennis skills.

High School-Low Intermediate – BLUE (2.5-3.0): They are introduced to the tennis game format and scoring and begin to develop an understanding of the game.

High School Team Player-Intermediate-Advanced (3.5-4.0): Players have developed an overall game. They are starting to understand certain basic tactical and strategic approaches to match play.

Junior Tournament Training Pathways to High Performance: ages 10-17

Form TTP

Our High Performance Coaching provides a comprehensive “pathway” to excellence for serious junior tournament players. Our program includes fitness training, progressive development of physical, tactical, technical and mental skills combined with appropriate competitive play which is vital in the development of top players

Foundation Phase (3.5) and Refinement/Transitional Phase (4.0)

This program is exclusively for junior competitors who have achieved high sectional rankings and have qualified for national ranking. Current USTA rank and age division will be factored in (3.5 – 4.0).

High Performance (4.5 and up)

This program is for top-ranked sectional and national caliber players. Each applicant must be approved by the Director of Tennis (4.5 and up).

Other Junior Tennis Programs

Junior Summer Camp: Monday, June 18 – Friday, August 3, 2012. Grand Slam Fridays for Juniors: Compete to win the Grand Slam!

Please visit www.ntc.usta.com for more information.

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Adult Tennis Programs

Beginners, intermediates and advanced-level players: We have the programs that are right for you. Sign up for lessons in our state-of-the-art Indoor Tennis Center and watch your game grow from the first session.

Evenings and Weekends

Form AEW

USA Tennis 1-2-3 is a program that combines instruction and play while emphasizing the fun and social aspects of tennis.

Level I is an instructional program for beginners and for new players. (1.0-1.5)

Level II is for advanced beginners with limited experience, still working on getting the ball into play, who can play points with serve. (2.0)

Level III is for players familiar with basic positions for singles and doubles, can play games with serve. (2.5-3.0)

Cardio Tennis - "Heart pumping, high energy" fitness activity that combines the best features of the sport of tennis with cardiovascular exercise for players with 2.5-3.5 rating.

Boot Camp Cardio – 90 minutes, Advanced Cardio for players NTC rating 4.0 & higher.

Doubles Drill & Play offers players a chance to combine instruction and drills specifically designed for doubles, with actual match competition. One hour of instruction and one hour of match play. (3.0 – 4.5)

Daytime - Weekdays

Form DAY

In addition to above we offer the following:

Cardio Intensity – Combining one hour "Heart pumping, high energy" cardio tennis and half an hour of fitness training supervised by NTC staff. (3.0-4.0)

Doubles/Singles Leagues – Offer one and a half hours of organized play weekly, for intermediate to advanced level players.

Doubles Round Robin Tournaments – Play games, meet new players, have fun! We offer round robin tournaments many times during the season.

Senior PWYOG – Senior Special Daytime Mini Contract – **Play With Your Own Group**

Stroke of the Week focuses on one technique and strategy for the day. Call us to sign up 24 hours in advance.

Also available at the ITC

Open Time Court Rental – Indoor, Outdoor and Clay Courts

Court Rental with Ball Machine

Seasonal Contract Court Time

Junior Summer Camps – Monday, June 18 – Friday, August 3, 2012

Weekend Summer Camps for Adults - Breakfast at Wimbledon: Ready for the US Open?

Seasonal Mini-Camps – Juniors, Quickstarts and Adults

Private Lessons – Juniors and Adults

Wheelchair Tennis Programs – Juniors and Adults; Beginners through Advanced players

Arthur Ashe Group Tours (with advanced appointment)

Quickstart Deckzone

USTA Sanctioned Tournaments for Juniors and Adults

Private Coaches for USTA League Teams

USTA Jr. Team Tennis

Grand Slam Fridays for Juniors

Events/Parties – Corporate and Private Tennis Events, Birthday Tennis Parties, etc.

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