

Indoor Training Center Programs Offered Year-Round

The USTA Billie Jean King National Tennis Center offers a wide selection of tennis programs designed for any age or performance level, year-round.

An Official NTC Rating is needed for class enrollment. Evaluations are conducted by our NTC Professional Staff
Visit www.ntc.usta.com for our **FREE** program evaluations schedule

Junior Tennis Programs

Quickstart Tennis Format for Juniors – 10 & under

The Quickstart Tennis Format introduces tennis to kids based on age, physical size and ability. By modifying the court dimensions (36' or 60' courts), equipment (racquets and balls), net height and scoring system, coupled with a play component, kids develop better technical and point playing skills.

- QS I / TFT I - Beginners:** Youngsters are introduced to the fundamentals of the game through play.
- QS II / TFT II - Adv. Beginners:** Progressive mastery of hand/eye coordination, motor skills and introduction of rallying the ball over the net.
- QS III - Low Intermediate:** Players are now prepared to grasp the game of tennis, which is to consistently play the ball over the net and into the opponent's side of the court - having the freedom of expression to do so through guided discovery and play based drills.
- QS Mini Olympic - Intermediate:** Players are ready to compete, keep score and use an overhead service motion.
- QS Tournament Prep:** Designed for players who are successfully competing in 10U and 8U tournaments.

Junior Development Programs – ages 10 - 18

- Ages 10-12: programs emphasizing stroke development, fun drills and team games. Quickstart 60 is introduced.**
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| Levels - Beginner – RED (1.0-1.5) | Advanced Beginner – GREEN (2.0) | Low Intermediate - BLUE (2.5) level |
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- Ages 13-17: USA HS 1-2-3 for High School Teens**
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| Levels - L1 for Beginners (1.0-1.5) | L2 for Advanced Beginners (2.0) | L3 (2.5) for Low Intermediate players. |
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- Ages 10-13: Olympic Levels**
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| Levels - Intermediate–BRONZE (3.0) | Advanced Intermediate–SILVER (3.5) | Advanced–GOLD (4.0) level |
|------------------------------------|------------------------------------|---------------------------|
- Ages 14-18: High School Team Player** - HS aged players competing at the High School Team level. (3.0, 3.5 and 4.0)
- Competitive Ladder Matches** - Designed for juniors who are playing at a top level BLUE, Olympic or High School Team Player Level.

Junior Tournament Training Programs – 12U, 14U, 16U & 18U competitors

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

Adult Tennis Programs

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, 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 fitness" for players in Level 3 and higher. Cardio A – Advanced is for players NTC rating 3.5 & up.

Boot Camp Cardio – 90 minutes, extra long Advanced Cardio. NTC rating 4.0 & up. Advanced is players with rating 3.5 & up.

Doubles Drill & Play – offers the serious tennis 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)

Wednesday Smash Night – circuit pro level Round Robin by invitation.

Daytime Indoor

- ◆ Cardio Classes
- ◆ Group Instructional Program
- ◆ Doubles Leagues
- ◆ Doubles Round Robins

Visit www.ntc.usta.com for registration information