

APLEX TENNIS - JUNIOR TENNIS PROGRAM

10 & UNDER

THE GOAL OF THE CLASS IS TO INTRODUCE HAND-EYE COORDINATION, AS WELL AS LEARNING THE BASIC TENNIS STROKES AND DRILLS TO IMPROVE PLAY WITH CREATIVE AND FUN GAMES.

JUNIORS (11-15)

BEGINNING TO INTERMEDIATE LEVELS - LEARNING TO PLAY. PLAYERS ARE LEARNING HOW TO IMPROVE THE BASICS; FOREHAND, BACKHAND, VOLLEYS, OVERHEAD AND SERVE, WITH EXCITING GAMES BASED UPON THE "FOCUS" FOR THE DAY.

VARSITY (HIGH SCHOOL)

PLAYERS WILL PARTICIPATE IN AN INTENSE DRILL ENVIRONMENT TO IMPROVE ON THEIR TECHNIQUE.