

Beets TENNIS



Great Falls Swim & Tennis
JUNIOR TENNIS CLASSES
Winter Session
January 7-April 13
(14 Weeks)

Sign up: Email class, name, contact, and age to Coach Nancy: nancy@gfsandt.com.
Mail fees (payable to Beets Tennis) to GFS&T, 761 Walker Road, Great Falls, VA 22066.

Tiny Tot Tennis (Ages 4-6)

Thursday 5-6pm

Saturday 9-10am

Mem \$294; NM \$338

Introduce your child to tennis in a fun, group learning environment! Boys and girls will develop tracking, hand eye coordination, balance and basic racquet skills with an exciting approach.

Baseliners (Ages 6-8)

Monday 5-6pm

Thursday 5-6pm

Saturday 9-10am

Mem \$294; NM \$338

This clinic is for the true beginner tennis player. Players will develop tracking and motor skills in a high-energy environment. They'll learn basic grips and stroke fundamentals and teach kids to have fun learning the game.

Hot Shots/Team Prep (10-18)

Monday 5-6:30pm

Wednesday 5-6:30pm

Friday 6-7:30pm (12+)

Saturday 3-4:30pm

Mem \$441; NM \$507

This class is for int/adv players who have a good understanding of the game and can rally. The players will use live ball to emphasize stroke production and tactics.

Grinders (Ages 8-11)

Monday 5-6pm

Wednesday 5-6pm

Saturday 10-11am

Mem \$294; NM \$338

This program is for the beginner tennis player that has basic stroke mechanics and tracking skills. Players will learn all strokes and focus on rallying.

JR Cardio Tennis (Ages 10+)

Tuesday 5-6pm

Mem \$294; NM \$338

A great way for kids to get moving, improve their speed and footwork, and have fun! Players may attend on weekly basis if space is available: \$23/class or \$28/class for NM.

NEW: Sign up for multiple classes per week and save 10% on your total fee (same player only; does not include League play).

**Junior tennis classes follow the USTA's QuickStart format using age-appropriate equipment.
Tennis Program Coaches:**

Branden Beets
Director of Tennis
High Performance Coach, USPTA Elite

Alan Graves
Head Professional
USTPA Elite, USPTR

Elliot Silva
Tennis Professional
USPTA Elite

Junior Team Interclub League

Play weekly matches at your skill level and get a jump on the junior team tennis season! Great way to get match play experience. 14 weekly matches \$250 MEM; \$286 NM OR drop in play (with 48-hour notice) \$20 MEM; \$28 NM).

Red Ball: Sat 4:30-5:30pm

Orange Ball: Sat 5:30-6:30pm

Green Ball: Sat 5:30-6:30pm