

2024-2025

# TENNIS & PICKLEBALL

THE GUIDE TO TENNIS & PICKLEBALL PROGRAMS



PICKLEBALL LEAGUES

TENNIS & PICKLEBALL LESSONS

YOUTH TENNIS

COURT RENTALS



PROGRAMS RUN FROM  
MAY 2024-APRIL 2025

## WINTER '24 SPRING '25

**Tennis - Red Ball (5-7) 12682**

Red Class is an introduction to the basic strokes of tennis and emphasizes having fun and continuing athletic development. Red classes are for children ages 5-7. Classes are played with an oversized, lower compression red ball with a lower bounce that is easier to hit. A 19-23 inch racquet is recommended. Taught by HealthTrack Tennis Pros! \*No Class 4/19  
Ages: 5 - 7

Apr 12 - May 24 Sa  
9:00 - 10:00am \$180

**Tennis - Orange Ball (8-10) 12683**

Orange Classes are designed to teach students the strokes and strategies of tennis on a modified court. Classes are for children ages 8-10 and are played with an orange ball that is 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun! A 23-25 inch racquet is recommended. Taught by HealthTrack Tennis Pros! \*No Class 4/19  
Ages: 8 - 10

Apr 12 - May 24 Sa  
9:00 - 10:30am \$180

**Tennis - Green Ball (9-12) 12684**

Green Class is a class designed to teach students the strokes and strategies of tennis. Green Classes are for those ages 9-12 and are played with a green-dot ball that is about 25% slower than regular tennis balls. These tennis balls are more forgiving which allow continued development of technique, movement, and strategy. A 26-inch racquet is recommended. Taught by HealthTrack Tennis Pros! \*No Class 4/19  
Ages: 9 - 12

Apr 12 - May 24 Sa  
10:30am - 12:00pm \$180

**Tennis - Teen Beginner (12-18) 12685**

Teen Beginner is an introductory tennis class. This class equips players with the fundamentals of tennis, and is designed to prepare them for entry into high school teams. \*No Class 4/19  
Ages: 12 - 18

Apr 12 - May 24 Sa  
10:30am - 12:00pm \$180

**Adult Recreational Tennis 12686**

This tennis program consists of drills and instruction on Monday evening plus open game play. Taught by HealthTrack Tennis Pros!  
Ages: 16+

Apr 7 - May 12 M  
6:00 - 7:30pm \$150

**Pickleball Johnny Learn to Play**

This 2-hr clinic is for anyone that wants to learn to play pickleball. We cover all the strokes, how to score, basic court positioning, and you'll play a game to practice what you learned. Our goal is to have you leave the clinic feeling comfortable enough to play recreational pickleball games with family, friends, or at open play. Paddles and balls will be provided. Please bring a water bottle and tennis shoes.

Ages: 18+

**12695** Jan 5 Su  
10:00am - 12:00pm \$60

**12696** Jan 12 Su  
10:00am - 12:00pm \$60

**12697** Jan 19 Su  
10:00am - 12:00pm \$60

**12698** Jan 26 Su  
10:00am - 12:00pm \$60

**12699** Feb 2 Su  
10:00am - 12:00pm \$60

**12700** Feb 9 Su  
10:00am - 12:00pm \$60

**12701** Feb 16 Su  
10:00am - 12:00pm \$60

**12702** Feb 23 Su  
10:00am - 12:00pm \$60

**Pickleball Johnny Learn to Play 2 12703**

This class is designed for those who have already completed our learn to play beginner class or have been taught the basic pickleball shots. We will focus on reviewing all the shots so that you can continue to develop consistency in executing the serve, return of serve, dinking, drop shots, and volleys. This clinic is all about shot development.

Mar 2 - Mar 23 Su  
10:00 - 11:30am \$200

**Pickleball Johnny Skills & Drills**

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.  
Ages: 18+

**12692** Jan 5 - Jan 26 Su  
9:00 - 10:00am \$80

**12693** Feb 2 - Feb 23 Su  
9:00 - 10:00am \$80

**12694** Mar 2 - Mar 23 Su  
9:00 - 10:00am \$80

