

## Alabama's Court Elite at <br> Highland Park Tennis Center <br> 

## QUICKSTART TENNIS

The QuickStart Tennis Program promotes success by having junior players learn by playing the game. Scaling the court, racquet, and balls to their size allows children ages 10 \& under to acquire playing skills earlier in their development and makes learning easier and more fun. Introducing the idea of hitting the ball back and forth from the start gives your kids the opportunity to see immediate progress; making them more confident and eager to play and improve.

For more information,
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## PEE WEES (ages 4-6)

Tuesday - Thursday, 1:30-2:30 p.m. mid-August through the end of May Member Pricing:
1 day per week, $\$ 70$ per month 2 days per week, $\$ 120$ per month 3 days per week, $\$ 180$ per month Guest Pricing:
1 day per week, $\$ 80$ per month 2 days per week, $\$ 150$ per month 3 days per week, $\$ 225$ per month

Monday - Thursday, 8:00-9:00 a.m. June and July Weekly Camps
Member Weekly Cost: $\$ 50$
Member Daily Cost: $\$ 20$
Guest Weekly Cost: $\$ 60$
Guest Daily Cost: $\$ 25$
Friday, 4:30-5:30 p.m. Ongoing throughout the year
Member Daily Cost: $\$ 20$
Guest Daily Cost: \$25

- This group plays on a $36^{\prime}$ court with $21^{\prime \prime}$ racquets and very low compression balls.
- The focus is on learning to perform basic forehands, backhands, volleys, and serves.
- The goal is to develop the skills needed for young players begin to rally back and forth with each other.
- Players learn to work together with a partner to reach a common goal.
- Continuing emphasis is on developing physical skills such as agility, balance, and hand-eye coordination that promote overall fitness while applying these skills specifically to tennis.
- Having fun is also important!


## FUTURES (ages 7-10)

Monday - Thursday, 3:30-5:00 p.m. mid-August through the end of May 2 days per week, $\$ 160$ per month 3 days per week, $\$ 225$ per month 4 days per week, $\$ 275$ per month Minimum two days per week commitment required. Membership required.

Monday - Thursday, 9:00-10:30 a.m. June and July Weekly Camps
Member Weekly Cost: $\$ 75$
Member Daily Cost: $\$ 25$
Guest Weekly Cost: $\$ 90$
Guest Daily Cost: \$35
Friday, 5:30-6:30 p.m. Ongoing throughout the year
Member Daily Cost: $\$ 20$
Guest Daily Cost: $\$ 25$

- This group is transitioning from a $36^{\prime}$ court with $21^{\prime \prime}$ racquets and very low compression balls to a $60^{\prime}$ court with $23^{\prime \prime}$ to $25^{\prime \prime}$ racquets and low compression balls.
- The focus is on learning to perform basic forehands, backhands, volleys, and serves.
- The goal is to develop the skills to actually play the game and improve as quickly as possible.
- Players learn to construct points with a serve and return and to keep score.
- Continuing emphasis is on developing physical skills such as agility, balance, and hand-eye coordination that promote overall fitness while applying these skills specifically to tennis.
- Having fun is also important!

The QuickStart Tennis Program scales the size of the court, racquet, and balls to the size of young players in order to get kids hitting the ball back and forth with each other, in addition to playing points and games as quickly as possible in a fun environment.


