



2020-2021 Tennis Programming

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| Session 1 | Oct 26 - Dec 19 | 7 weeks | No lessons week of Nov. 22 |
| Session 2 | Jan 4 - Feb 13 | 6 weeks | |
| Session 3 | Feb 14 - Mar 27 | 6 weeks | |
| Session 4 | Mar 28- May 8 | 6 weeks | |

Register by contacting DISC: (218) 722-0810

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| Adult Drill | Tuesday 9:00-10:00 AM Wednesday 5:00-6:00 PM | Weekly group classes for all playing levels, which focus on tennis fundamentals and technique through various instructional drills as well as fun games and point-play. Players should sign up for each week they are wanting to attend. Sign up sheet is located at the DISC front desk. |
| Lower Elementary | Tuesday 4:00-5:00 PM Ages: 5-8 8 max/session Cost: \$100/session | Players in this lesson will use red dot balls and 36' courts so they can learn and play the game quickly and develop professional style skills. Curriculum is designed so that children will learn and practice all stroke fundamentals, court positioning, develop a serve, rally and begin point play. |
| Upper Elementary | Tuesday 5:00-6:00 PM Ages: 8-10 8 max/session Cost: \$100/session | Players in this lesson will use green dot balls and 60' courts so that they can learn to play the game quickly and develop professional style skills. Kids will learn stroke technique, to use spin, combine shots together with purpose, serve with proper form, approach the net to use volleys & overheads and practice point play and scoring. |
| Middle School | Wed. & Thurs. 4:00-5:00 PM Ages: 10-12 10 max/session Cost: \$100/session | Players in this lesson will use green dot balls 78' (full) courts. Curriculum will vary based on experience and ability, with the goal to develop or refine technique and provide players with the tools to meet their goals. Groupings will be created with consideration of playing ability and age. Emphasis will be placed on skills application in live ball (point play) situations. Sign up for either Wednesday OR Thursday. |
| Junior Varsity | Monday 7:30-9:00 PM 8 max/session Cost: \$150/session | This lesson is for players who play on a Junior Varsity (JV) or Varsity high school team and are advanced beginners-intermediates. Players signing up should know how to score and hit all shots. |
| Varsity | Wednesday 7:30-9:00 PM 8 max/session Cost: \$150/session | This lesson is for intermediate-advanced players who play in the top 15-20 of their high school team. Players signing up should know how to hit all shots consistently and are starting to develop strategy. |
| Tournament Level | Thursday 7:00-8:30 PM 8 max/session Cost: \$150/session | This lesson is for advanced players who are top varsity players and looking to play competitive tournaments throughout the year. Players hit all shots well, are consistent, and mind their strategy. |

Please contact cschaffn@uwsuper.edu if you have any questions or need help with placement!