



2022-2023 Junior Tennis Programming

Session 1	Oct 31 - Dec 15	6 weeks, no lessons week of Nov 20
Session 2	Jan 8 - Feb 16	6 weeks
Session 3	Feb 19 - March 30	6 weeks
Session 4	April 2 - May 11	6 weeks

Register by contacting DISC: (218) 722-0810

Lower Elementary	Tuesday 4:00-5:00 PM Ages: 5-8 8 max/session \$120/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 \$120/session	Players in this lesson will use orange 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	Wednesday 4:00 - 5:00 PM Ages: 10-12 ?? max/session \$120/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.
Middle School	Wednesday 5:00-6:00 PM Ages: 10-12 10 max/session \$120/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.
Junior Varsity	Monday 7:30-9:00 PM 12 max/session \$150/session	These lessons are 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. Please sign up for any time slot. These are merely different groups, not different skill levels. JV III won't necessarily be a more advanced group than JV I.
Varsity	Wednesday 7:30-9:00 PM 8 max/session \$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 \$150/session	This lesson is for advanced high school players who are near the top of their high school teams. We will work on strategy and point construction. Additionally, we will explore regional tournament play opportunities in this lesson.
Adult Lessons	Tuesdays Wednesdays Thursdays	Meghan Kimber 9:00-10:00 AM Chad Humphreys 5:00-6:00 PM Gavin Mangan 5:00-6:00 PM
		Beginners and Advanced players welcome. Weekly sign ups. \$15/lesson. Call DISC to sign up.

Please contact ceejayschaffner@gmail.com if you have any questions or need help with placement!