



Welcome to Southampton Junior and Adult tennis

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WHO WE ARE

Our mission

Our mission is to provide a prosocial and supportive atmosphere while engaging all ages of players in the lifelong sport of tennis. *We're so glad to have you join the tennis community at Southampton Recreation Association! This guide is meant to provide tennis specifics on clinics offered for preK to adolescents and family members.*

RATES for Weekly Junior Clinics: (non members + \$5)

-prices are subject to change over time

Private: \$65/hr and \$35/half hour - *refer to Head JTT for semi-private group rates/added clinic hours*

Clinic rates vary upon attendance:

**** Sibling Discount available****

2 per class: \$35 each

3-4 per class: \$30

5-6 per class: \$25

6-8 per class: \$20

July-August Junior Camps

FULL CAMP DATES: *ages 6-17*

1) ***JULY 29th- August 2nd:** 9am-1:30pm (4.5 hour day)

2) ***August 12th-16th:** 9am-1:30pm (4.5 hour day)

-Limited to **16 slots per camp**

- **First 6 to signup** get a **30 minute FREE LESSON** to be redeemed within 30 days of signup! + **SHIRT INCLUDED +**

CAMP PRIZES

Non-Members: \$310

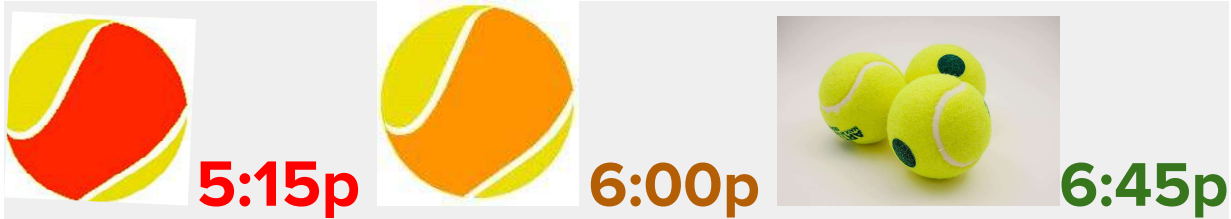
Members: \$290

**Liability Forms must be signed, lunches must be provided on own due to allergies/food restrictions*

UPCOMING JUNIOR CLINICS: Starting dates APRIL 29th, 2024 - May 30th 2024

Offered Monday / Tuesday / Wednesday/ Thursday

(weather permitting)



REDBALL SATURDAY SOCIALS: For ages 6-8 by SRA coaches approval. Reach out to coaches for details about evaluations.

9am-10am: Red Ball Rally Warmups and Point Play Preparation

10am-11am: \$15 MATCH PLAY learning how to compete with sportsmanship and scoring skills

5:15pm RED BALL CLINICS

Rates vary based upon attendance. See rate list. Signup closes at 8 per class.

Red Ball is offered for 45 mins with a group to practice athletic development and sportsmanship around the sport of tennis. Ages 5-8 will be practicing fundamental skills with engaging games and themes for each clinic that is offered.

6:00pm ORANGE BALL CLINICS

Rates vary based upon attendance. Signup closes at 8 per class.

Orange Ball is offered for 45 mins with a group to practice athletic development and sportsmanship around the sport of tennis. Ages 9-12 will be practicing fundamental skills with engaging games and themes for each clinic that is offered.

6:15pm GREEN/YELLOW BALL CLINICS

Rates vary based upon attendance. See rate list. Signup closes at 8 per class.

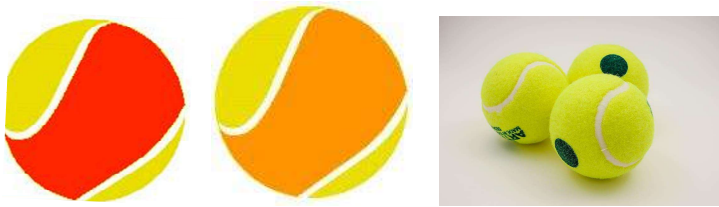
Green ball is offered for 45 mins with a group to practice athletic development and sportsmanship around the sport of tennis. Ages 13-16 will be practicing fundamental skills with engaging games and themes for each clinic that is offered.

Junior SWIM and SWING : Starting date- June 3

Members will have a unique opportunity to sign up for swim and tennis. Tennis will be teaming up with the Swim schedule to host age appropriate groups where kids can transition from one sport to the next!

Offered Monday / Tuesday / Wednesday/ Thursday

(weather permitting)



ALL Red, Orange, Green and Yellow Ball clinics will operate like regular clinics with the same regular clinic rates. 8 slots per group.

4:15p RED BALL START

5:15p ORANGE START

6:15p GREEN/YELLOW START

RATES for Weekly Adult Clinics: (non members + \$5)

-prices are subject to change over time

*** Must have a rating or can be evaluated before signing up for a class.***

Evaluation: \$15- 15 minute study of strokes and receive a rating for USTA

ALL Clinic Rates vary by attendance

Private: \$70/hr and \$35/half hour - refer to Adult Director for semi-private group rates/added clinic hours

2 adults each: \$45

3: \$40

4: \$35

5: \$30

6: \$25

7-8: \$20

Mondays

9am-10am HITS Class 2.5-3.5 (6 people max)

An adult tennis class with a focus on tactics and stroke development. Pros introduce situations and review the appropriate mechanics and behaviors for match play situations. Situations covered include serve, return of serve, baseline vs. baseline, approaching the net, and playing against a net player(s).

10am-11am Themed Drills

Every week we will focus on different part of the court and implement drills that help us with learning. Ex. How to receive a lob, how to attack a ball, how to finish a ball, how to bring someone into a net, how to put pressure on your opponent, and how to recover when in defense etc.

Tuesdays

9am-10am MEN 2.0-3.0

Meet same rated people, and receive an intro USTA League play.

10-11am WOMEN SUB Camp

Ladies groups will learn strategies for singles and doubles through drills and games.

Wednesdays

9am-10am Rainbow Beginners 1.0-2.0

NEVER PLAYED TENNIS - INTRODUCTION TO STROKE: Learn how to play both singles and doubles with the proper mechanics and basic strategy. Re-discover new techniques that could help you quickly advance in your game.

10-11am THEMED DRILLS

Singles or doubles FUN GROUP GAMES TO CREATE MATCH EXPERIENCE

Thursdays

9am-10am CARDIO

Fun running drills or fast paced games +music and exercise this is meant for more experience players 2.5 and up.

10am-11am Stroke of the Day -

Every week we will work on different stroke: serve, return, volley, drop shot, overhead, backhand, and forehand.

Fridays

9am-10am Adult Red Ball 65+ beginner

Slow paced on short court for adult beginners who never played before and would like to learn basic techniques.

10am-11am Beginner

No Movement/ Adaptive short court learning about how to rally, proper feet positioning, how to start a point, how to warm up, tennis rules and etiquette.

PLEASE NOTE:

*We can always add more proposed clinics or adjust the time based on particular requests. If you would like to create your own class with a group of friends we would be happy to help.

*Throughout the week we offer private lessons and semi-private lessons that will need to be scheduled with the coach. We prefer to schedule a minimum a week in advance.