

## **Garden City Recreation – Youth Tennis Lesson Restructuring - Winter 2025 Session**

- Attention Residents: The Recreation Department is restructuring the Youth Tennis Lesson Program to come more in line with the USTA and their suggested programming for Youth Tennis. Below are the new descriptions for the updated courses, with the respective ages associated with the courses.
- For your convenience, we have included the names of the old courses within the descriptions of the new course to allow for a smoother transition process and for less confusion on the part of parents.
- Please Note: Star courses are for basic instruction and All Star courses are for advanced instruction

### **NEW DESCRIPTIONS AND COURSE NAMES:**

#### **TOTS: Designed for players 4 years old (No Change In course description)**

- Course takes place on a 36 foot court, with miniature nets
- Focuses on Hand-Eye Coordination and the ABC's of Tennis (with most focus on Coordination)
- Developing rudimentary and basic skills that allow for further development
- Balls used include Sponge-Balls

#### **Red Ball Description: Designed for players 5 to 8 years old**

- Course takes place on a 36 foot court, with miniature nets
- Covers the ABC's (Agility, Balance, Coordination) of Tennis
- Developing efficiencies of strokes with activities that may or may not include utilization of a racket
- Balls used include Red-Ball and/or Sponge-Balls
- ***(Formerly Pee Wee and Novice now Red Ball Star and Red Ball All Star)***

#### **Orange Ball Description: Designed for players 8 to 10 years old**

- Course can take place on a mini court (service boxes) to a 60 foot court
- Covers ABC's (Agility, Balance, Coordination) of Tennis
- Developing efficiencies of strokes with activities that may or may not include utilization of a racket
- Balls used include Orange-Ball and/or Red-Ball or Sponge-Balls
- ***(Formerly Junior Tennis, now Orange Ball Star and Orange Ball All Star)***

#### **Green Ball Description: Designed for players 10 to 12 years old**

- Course can take place on mini court (service boxes) up to a full-sized court
- Covering the ABC's (Agility, Balance, Coordination) of Tennis
- Developing efficiencies of strokes with activities that may or may not include utilization of a racket
- Implementation of basic strategy and comprehension of Tennis
- Balls used include Green-Balls and/or Orange-Balls
- ***(Formerly Junior Advanced, now Green Ball Star and Green Ball All Star)***

#### **Yellow Ball Description: Designed for players 12 years old and up**

- Course can take place on mini court (service boxes) up to a full-sized court
- Covering the ABC's (Agility, Balance, Coordination) of Tennis
- Developing efficiencies of strokes with activities that may or may not include utilization of a racket
- Implementation of basic strategy and comprehension of Tennis
- Balls used include Yellow-Balls and/or Green-Balls
- ***(Formerly Senior and Senior Advanced, now Yellow Ball Star and Yellow Ball All Star)***