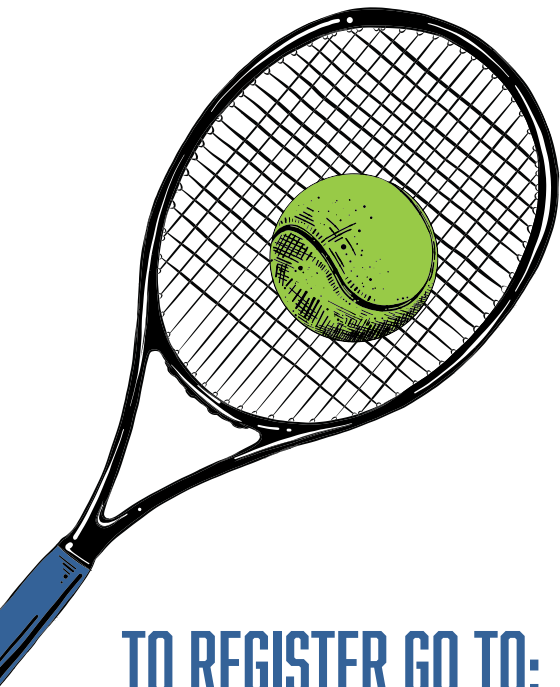


VILLAGE OF MAMARONECK TENNIS CLINICS



AT HARBOR ISLAND PARK
FREE FOR VILLAGE RESIDENTS



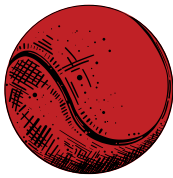
TO REGISTER GO TO:
vomrec.recdesk.com



Village of Mamaroneck
Parks & Recreation

(914) 777-7784 | recreation@vomny.org

2023



Ages 5-8 • Tuesdays from 4:30PM-5:30PM (8 Weeks)

July 11, 18, 25 • August 1, 8, 15, 22, 29

Minimum Enrollment: 4 • Maximum Enrollment: 10

RED BALL

This class is designed for young players just starting to play the game. Using the appropriate-sized Red Court (36') and ball (low compression red) U10 Red Ball players learn to serve, rally and score on the Red Court over the lower net. Red Ball students focus on tracking the ball, moving into effective hitting positions and directing the ball using basic stroke shapes. Actually playing the game from the start increases our youngest students' motivation to learn and to commit to acquiring new skills. As players continue on the Red Court class, they refine their strokes, work on more advanced tracking skills and learning to send the ball to specific areas in order to start building a tactical understanding of court geography. Players will also begin linking shots together and developing more advanced technical skills, including learning how to deal with spin and speed.



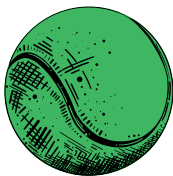
Ages 9-11 • Tuesdays from 4:30PM-5:30PM (8 Weeks)

July 11, 18, 25 • August 1, 8, 15, 22, 29

Minimum Enrollment: 4 • Maximum Enrollment: 10

ORANGE BALL

Players transition to the larger Orange Court (60') and the full-sized net, using both red balls and orange balls that move faster and bounce higher, making tracking and movement more challenging. Tactical sophistication increases, as players learn to link shots into patterns and to develop an understanding of choices from different positions on the court, including how to move an opponent. Technique continues to evolve, with increased swing lengths and added spin needed to meet the demands of the court and to match growing physical capabilities. Orange Ball players start to master patterns and begin to understand their own strengths and weaknesses. Each shot is now hit with the intention of challenging the opponent. Players work on becoming more aggressive from the back of the court and also on playing more at the net. Tactical skills include decision making, taking time away from the opponent and increasing intensity of play. There is increased focus on developing the athletic skills that form the foundation of technical development and on maximizing the movement and balance skills that are essential for playing high-level tennis.



Ages 11-13 • Thursdays from 4:30PM-5:30PM (8 Weeks)

July 13, 20, 27 • August 3, 10, 17, 24, 31

Minimum Enrollment: 4 • Maximum Enrollment: 10

GREEN BALL

This class is played on the full size court with almost full compression ball. Green Ball class is dedicated to meeting the instructional and recreational needs of our junior players in a positive and dynamic environment. The Youth Pathway aims to develop the whole player, physically, mentally, tactically and technically.



Ages 13-18 • Thursdays from 4:30PM-5:30PM (8 Weeks)

July 13, 20, 27 • August 3, 10, 17, 24, 31

Minimum Enrollment: 4 • Maximum Enrollment: 10

YELLOW BALL

Yellow Ball Class is played on the full size court with the regular ball. This class is designed for players who want to make tennis an integral part of their lives and who are ready to commit to doing so.