

Fall &
Winter
2022/2023



JUNIOR TENNIS PROGRAMS



CLASSES	MON	TUES	WED	THURS	FRI	SAT
Quick Start		4:00-5:00 Weather permitting				9:45-10:45
Explorers (60' court)			4:00-5:30 Weather permitting			11:00-12:30
Challengers (11+ year olds)			4:00-5:30			2:00-3:30
Jr. Development		4:30-6:00			4:30-6:00	
Jr. Competitive	4:30-6:00			4:30-6:00		

Session 1	Aug 22—Sep 17
Session 2	Sept 19—Oct 15
Session 3	Oct 17—Nov 12
Session 4*	Nov 14—Dec 17 (5 Weeks)
Session 5	Jan 2—Jan 28
Session 6*	Jan 30—Feb 18 (3 weeks)
Session 7	Feb 20—Mar 25
Session 8	Mar 27—April 22
Session 9	April 24—May 20

SESSION PRICING - 8 CLASSES (except Quick Start and Explorers –4 classes)
12% Discount for participants in 2022 HMTc Summer Program
PRICING FOR SESSIONS 1, 2, 8 and 9
 Member: \$166 Non-Member: \$220 OR Drop-in - Member: \$26 Non-Member: \$30
PRICING FOR SESSIONS 3, 4, 5, 6 and 7
 Member: \$188 Non-Member: \$248 OR Drop-in - Member: \$28 Non-Member: \$35

Quick Start (minimum of 4 participants) Ages 5-7

Uses the USTA endorsed 10 & Under tennis format for kids to learn tennis, rally and begin to play in an enjoyable and rewarding environment.

Session: Member \$60 (Sat only) Non-Member \$72 (Sat. only) OR Drop-in: Member \$18 N.M. \$21 - No Discounts

Explorers

Emphasizes the proper techniques for all the basic strokes in tennis. Footwork, focus, and reaction time skills are developed. This class uses the 60' court and the orange and green low compression balls.

Session - Member: \$88 (Sat. only) Non-Member: \$112 (Sat only) OR Drop-in - Member: \$24 Non-Member: \$32

Challengers

Primary focus for students is movement with proper stroke mechanics. Instructors emphasis correct grips for all shots. Live ball drills and games are used to prepare them for match play. This class uses both Green and yellow balls.

Wednesday Only and Saturday Only Sessions will be Offered (or both days)

Jr. Development

Structured for middle school varsity or high school junior varsity players to refine developing skills, consistency, footwork, match play and strategy.

Jr. Competitive

Offers an intensive training program for the high school varsity and tournament level player. Focus will be on work ethic, conditioning, mental toughness, winning strategies, point production, and sportsmanship.

*Sessions 4 & 6 will be pro rated

No Classes: Nov 24-27, Dec 19-Jan 1, March 13 -17 (Poudre spring break)

Call 970-217-9291 to sign up!
www.HighlandMeadowsTennisCenter.com