



# 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 PRICING - 4 WEEKS / 8 CLASSES** (except Quick Start and Explorers - 4 classes)  
**12% Discount for those who participated in our 2023 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

<b>Session 1</b>	Aug 21—Sep 16
<b>Session 2</b>	Sept 18—Oct 14
<b>Session 3</b>	Oct 16—Nov 11
<b>(Session 4*)</b>	Nov 13—Dec 23 (6 Weeks)
<b>Session 5</b>	Jan 8—Feb 3
<b>(Session 6*)</b>	Feb 5th —Feb 24 (3 weeks)
<b>Session 7</b>	Feb 26—Mar 30
<b>Session 8</b>	April 1— April 27
<b>Session 9</b>	April 29—May 25

(\*Sessions 4 & 6 will be pro rated)

**No Classes: Nov 23-25, Dec 24-Jan 6, March 11—16 (Poudre spring break)**

### 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.

Call 970-217-9291 to sign up!  
[www.HighlandMeadowsTennisCenter.com](http://www.HighlandMeadowsTennisCenter.com)