



# JUNIOR TENNIS

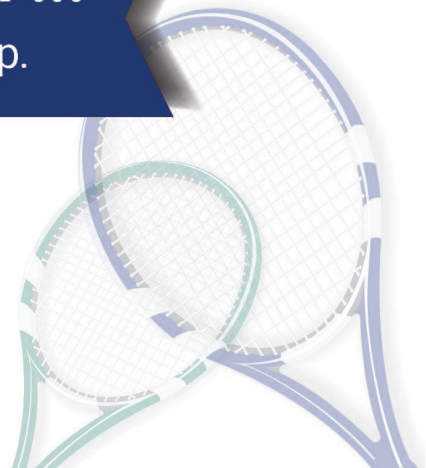
RECREATIONAL and  
COMPETITIVE PROGRAMMING

***Encouraging learning through ...***

Teamwork, Cooperation and Sportsmanship.

1904 Atlantic Avenue  
Manasquan, NJ 08736

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# 12 & UNDER TENNIS

**6:1 student to pro ratio**

**RED  
BALL**

**Pee Wee Tennis [Ages 3-4]**

This introductory program improves all around athletic skill. This class uses games and activities to develop hand-eye coordination, movement, balance, and fitness in a fun and safe environment.

**Monday 1:15-2pm**

**Wednesday 4-4:45pm**

**Cost: \$320**

**RED  
BALL**

**Red Group [Ages 5-6]**

In this fun-filled beginners program, children will develop hand-eye coordination, footwork, balance and proper techniques using racquets and playing games. Quickstart program's patented foam balls are used for easy hitting and learning!

**Monday, Wednesday, Friday 4-5pm Saturday 9-10am Sunday 9-10am (call for schedule)**

**Cost: \$340**

**ORANGE  
BALL**

**Orange Group I [Ages 7-8]**

This beginner class will focus on developing 'rally' skills, proper technique, hand-eye coordination and skills needed to form a solid foundation for tennis. All basic strokes will be taught in drill and game situations.

**Monday, Wednesday, Friday 4-5pm Saturday 9-10am Sunday 10-11am (call for schedule)**

**Cost: \$340**

**ORANGE  
BALL**

**Orange Group II [Ages 7-8]**

This class will build upon skills and techniques from Orange Group I. Players must be able to serve and rally 2 balls to participate in this class.

**Monday, Wednesday, Friday 4-5:30pm**

**Saturday 9-10:30am**

**Cost: \$460**

**GREEN  
DOT  
BALL**

**Green Dot I [Ages 9-12]**

In this beginner class, students will be taught the basic techniques of the forehand, backhand, volley and serve – with an introduction to match play and point play, to get them playing their first real points and ultimately matches. Tactics and strategy are introduced in the same fun environment of drills, games, and exercises.

**Monday, Wednesday, Friday 4-5:30pm**

**Saturday 9-10:30am (10:30am - 12pm class will be added if needed)**

**Sunday 11-12pm (call for schedule)**

**Cost: \$460**

**GREEN  
DOT  
BALL**

**Green Dot II [Ages 9-12]**

This class will develop a player's techniques and overall game using match play and point play situations. Students must be promoted by a current instructor or evaluated for this class.

**Monday, Wednesday, Friday 4-6pm**

**Saturday 9am-11pm (11am - 1pm class will be added if needed)**

**Cost: \$550**

**GREEN  
DOT  
BALL**

**Gold Group [Ages 9-12]**

This class will develop the player's stroke techniques and overall game using movement exercises, hitting drills, games, and point play situations.

**Player must be placed by pro.**

**Monday, Wednesday, Friday 4-6pm**

**Saturday 9-11am**

**Cost: \$550**

*All programs are 1x a week | Limited Summer Schedule*



# TEEN TENNIS

## Teen Tennis 101 [Ages 13-17]

*Teen Level 1*

A class designed for the teenager just starting to pick up a racquet for the first time. The Teen Tennis 101 program teaches the proper grips, techniques and form of the basic strokes in a fun yet competitive environment. We use plenty of instruction, games and activities to focus on all the fundamentals to get your teen hitting tennis balls for the first time.

**6:1 student to pro ratio.**

**Tuesday, Thursday\* 4-6pm**

**Saturday 11am-1pm**

**Cost: \$550**

## Contenders [Ages 13-17]

*Teen Level 2*

This program builds on the skills learned in Teen Tennis 101, or can be for the player already with experience on the court. It is designed to improve the player's game in the areas of groundstrokes, volleys, serving, strategies for both singles & doubles, and footwork. Hitting drills, games, and exercises are utilized to get the teen player not just able to hit, but able to play their first matches.

**6:1 student to pro ratio.**

**Tuesday, Thursday\* 4-6pm**

**Saturday 11am-1pm**

**Cost: \$550**

## HS Aces [Ages 13-17]

*Teen Level 3*

A popular, comprehensive program for the experienced teen player. This class focuses on instruction, hitting drills, and games designed to improve the play of the Junior Varsity high school player, or those trying to break into their Varsity team's starting lineup.

**6:1 student to pro ratio.**

**Player must be placed by pro.**

**Tuesday, Thursday\* 4-6pm**

**Saturday 11am-1pm**

**Cost: \$550**

## ADVANCED

### Futures [Ages 9-12] Green Dot Ball

This class is for the advanced player under the age of 13, who has developed all the basic strokes, has begun to play matches, and is looking to play tournaments. Higher level techniques, tactics, and strategies are taught, using drills, games and practice points.

**4:1 student to pro ratio. Player must be placed by pro.**

**Thursday\* 4-6pm Saturday 9-11 am**

**Cost: \$760**

### Challengers [Ages 13-17] *Teen Level 4*

**4:1 student to pro ratio.**

**Player must be placed by pro.**

**Thursday\* 4-6pm Saturday 1-3pm**

**Cost: \$760**

*\*No Class Thanksgiving Day*

*All programs are 1x a week | Limited Summer Schedule*



# PROGRAM DATES & FEES

## SESSION 1

September 9th, 2019 - November 30th, 2019

## SESSION 2

December 2nd, 2019 - March 7th, 2020

*(Holiday Break Monday December 23rd - Sunday January 5th)*

## SESSION 3

March 9th, 2020 - May 30th, 2020

<b>Pee Wee</b>	\$320
<b>Red &amp; Orange I</b>	\$340
<b>Orange II &amp; Green Dot I</b>	\$460
<b>Green Dot II</b>	\$550
<b>Gold</b>	\$550
<b>Teen Tennis</b>	\$550
<b>The Contenders</b>	\$550
<b>HS Aces</b>	\$550
<b>Futures</b>	\$760
<b>Challengers</b>	\$760

*Prices are subject to change. Prorated at time of registration for holidays.*

## PRIVATE LESSONS



The Atlantic Club offers Private and Semi-Private Lessons with any pro of your choice. A package of 6 lessons for both private and semi-private lessons is available at a discounted price when you purchase in advance.

**PAYMENTS:** All Payments are due at the time of instruction. If you purchase a package, full payment is required on or before the first lesson.

**CANCELLATIONS:** Customer is responsible for payments unless 24 hours notice is given.

**CONTACT THE TENNIS DESK FOR A LIST OF CURRENT PRICES**

# BEN ADAM

## Youth Recreational Tennis Player Manager

Ben is a PTR Master of Junior Development and Master Professional in 10 and Under coaching. He brings over 22 years of playing experience, including ETA and Futures tournaments, as well as 15 years as a professional teacher. He organizes and oversees our UTR Tournaments and Junior Match Play Programs.



*Recipient of the  
2019 PTR Member of The Year Award*

## UTR TOURNAMENTS

**WHAT IS UTR?** UTR stands for Universal Tennis Rating. It is a number between 1–16.5 that is allocated based on your level of play. Three factors go into the rating: Competition, Score and Recent History.

**WHY DOES IT MATTER?** UTR is the global gold standard in college and junior level tennis. It is a standard that is truly universal and ranks players regardless of age or gender.

**HOW DO I PLAY?** Competition in UTR Tournaments does require an individual rating account, which you can register for free at [myutr.com](https://myutr.com).

## WEEKEND JR. MATCH PLAY

Weekend Junior Match Play is an in-house league geared towards players 10 years and up who can serve, rally, keep score, and play from the baseline using a green dot or standard yellow ball. It is designed to develop skill in growing tennis players through in-house competitions.

**CONTACT THE TENNIS DESK FOR DAYS & TIMES FOR EACH LEVEL  
TO REGISTER CONTACT COACH BEN | [BENA@THEATLANTICCLUB.COM](mailto:BENA@THEATLANTICCLUB.COM)**



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Tennis Source App for court Bookings

PLAYMATE App for Ball machine



## COMING SOON...

The latest sports craze,  
Pickleball for juniors and teens!  
Pickleball is for all ages and all  
fitness levels. Stay Tuned.



# ATLANTIC CLUB TENNIS CENTER

## GENERAL POLICIES

The Tennis Center at The Atlantic Club has 13 indoor courts available from September through May. There are 8 outdoor courts and 5 indoor courts available from May through August. Our center is open to the general public and Atlantic Club Members. Our hours of operation are from 8am-10pm Monday through Friday and 8am - 6pm Saturdays and Sundays.

**COURT FEE:** Indoor court fees are \$54/hr. Outdoor court fees are \$10-\$20/hr.

**COURT RESERVATION:** Reservations may be made 7 days in advance.

**CANCELLATION POLICY:** There is a 24-hour cancellation policy for courts and programs. A late cancellation fee is applied if notice is not given.

**DEMO RACQUETS:** A racquet demo costs \$3.50 and may not be taken off site.

## JUNIOR PROGRAM POLICIES

**REGISTRATION:** Full payment is required to register. Programs with 2 or less will be shortened to 1hr.

**PRO RATE:** If a class has begun, the class fee will be pro-rated.

**REFUNDS:** No refunds for late arrival, early departure or withdrawal from class. Refund given only for medical reason, with doctor's note effective from the day the note is presented.

**DISCOUNTS:** Families with two children in a class during the same session receive a 10% discount on the lower applicable class fee. Each additional child in a class during the same session receives a 10% discount off the lowest applicable class fee.

**CARRY OVERS:** There are absolutely no carry overs for missed classes from one session to another.

**MAKEUPS:** Makeups are not guaranteed. *Only one makeup class is permitted per session.* Makeups must be completed during the session in which the absence occurred. Notice of absence must be provided 24 hours prior to scheduled class in order to receive a makeup.

**JUNIOR WALK-ON TIME:** A junior enrolled in a class is charged \$10 per court per hour of walk-on time during that session. Only family members are permitted to play at the reduced charge with the junior player. All others must pay half of the court costs.

**HOLIDAY CREDIT:** The following holidays will be observed: Labor Day, Thanksgiving, Memorial Day & July 4th. The class fee will be adjusted at the time of registration.

***PRICES ARE SUBJECT TO CHANGE WITHOUT NO-***



# Have you checked out our Tennis Pro Shop?

Located in Tennis Center #1, we offer competitive prices, no shipping costs and all the best brands. Our Tennis Pro Shop has everything you need to gift the tennis or pickleball player in your life.

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The Atlantic Club Tennis Center is regarded as one of the best instructional tennis facilities in the state, offering premier juniors training and hosting many USTA and UTR Tournaments. The Atlantic Club's skilled Pro Staff's exceptional coaching has produced New Jersey State Singles and Doubles champions, USTA Tournament Champions, as well as Players of the Year for The Asbury Park Press, The Star Ledger, and The Coast Star. The participants in our Junior Programs range in the area of 400 per session. The Tennis Center has produced 60+ junior players who have achieved a #1 state, sectional, or national ranking and many have gone on to play at numerous Division I, II, and III colleges, as well as at the national level.

***See our High Performance Tennis Institute pamphlet for more options for youth tennis players.***



The Atlantic Club is a Commercial Medically Integrated Health, Fitness and Wellness Center that incorporates Exercise, Nutrition and Healthy Lifestyle Management to prevent and treat Disease.