

## GENERAL INFORMATION

### **Sprouts** (Ages 3-4)

**Mon** 4:00-4:30  
**Wed** 4:00-4:30  
**Sun** 11-11:30

### **Red Ball/Red Ball 2** (Ages 5-7)

**Mon** 4:30-5:30  
**Tues** 4:30-5:30  
**Wed** 4:30-5:30  
**Thurs** 4:30-5:30  
**Sun** 11:30-12:30

### **Orange Ball** (Ages 8-9)

**Mon** 5:30-6:30  
**Wed** 5:30-6:30  
**Sun** 12:30-1:30

### **Green Ball** (Ages 10-12)

**Tues** 5:30-6:30  
**Thurs** 5:30-6:30  
**Sun** 1:30-2:30



### **Red Ball Junior Team Practice**

**Fri** 4:00 -5:00

### **Orange/Green Ball Team Practice**

**Fri** 5:00-6:00

### **Yellow Ball Match Play**

**Fri** 5:00-6:30

## LESSON OBJECTIVES

### **Sprouts**

This clinic is for kids 3-4 years old. Our toddler classes introduce many skills to help them develop balance, control and agility on the tennis court.

### **Red Ball**

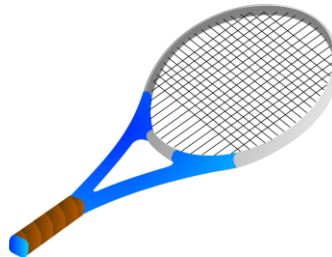
These fun play-based clinics are designed for 5-7 year olds looking to start a lifetime of tennis. We focus in class on motor skills, agility as well as racket skills.

### **Orange Ball**

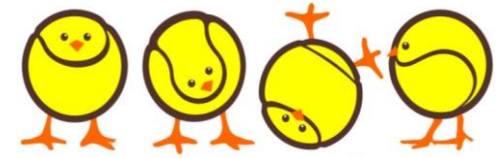
Players begin to develop a solid foundation for their game with an emphasis on consistency and core fundamentals including grips, racquet preparation, movement and stroke production.

### **Green Ball**

Players build on skills taught in orange ball. Players are introduced to tactics and strategy, along with more advanced strokes. Players are expected to sustain a rally in this class.



## **SPRING 2019**



## **JUNIOR TENNIS PROGRAM GUIDE**



**140 Lock Street  
Nashua, NH 03064  
(603) 883-0153  
[www.longfellownh.com](http://www.longfellownh.com)**

## CONTACT US

For additional information about our  
**Junior Tennis Programs**  
please contact Director of Junior  
Tennis  
Nick Wagner at:  
**nick@longfellownewhampshire.com**



## WHAT TO BRING

- Tennis racket
- Water
- Athletic clothing
- Sneakers



## COST/SESSION DATES

*Prices are based on one  
lesson per week for the session*

### **Sprouts**

Spring Session 1                          \$60  
March 25 – May 12  
(No Classes 4/21 – 4/27)

Spring Session 2                          \$60  
May 13 – June 23  
(No Classes 5/27)

### **Red Ball 1/Red Ball 2**

Spring Session 1                          \$120  
March 25 – May 12  
(No Classes 4/21-4/27)

Spring Session 2                          \$120  
May 13 – June 23  
(No Classes 5/27)

### **Orange Ball/Green Ball**

Spring Session                              \$240  
March 25 – June 23  
(No Classes 4/21-4/27 or 5/27)

### **Weekly Practices/Match Play**

Fridays  
1 hour                  Members \$10, Non-members \$20  
1.5 hours              Members \$15, Non-members \$30

**All junior and academy classes  
(except **Sprouts** and **Red Ball**)  
require an annual junior membership of \$60/year**



## **NEW ENGLAND TENNIS ACADEMY**

at Longfellow  
New Hampshire

NETA NH is a high-performance tennis training experience designed for the committed junior player. In addition to professional tennis training, players will improve their athletic development and stamina through on court fitness training. Director approval is required for all NETA NH classes. All new dedicated players are encouraged to schedule a tryout.

## **NETA NH CLASSES**

**Spring Session is March 25 – June 23**  
(No Classes 4/21-4/27 or 5/27)

### **Young Champs - Orange/Green**

Mondays	4:00-6:00	\$495
Wednesdays	4:00-6:00	\$540
Thursdays	4:00-6:00	\$540
Sundays	2:30-4:30	\$540

### **Silver/Gold Academy**

Mondays	6:00-8:30	\$660
Wednesdays	6:00-8:30	\$720
Thursdays	6:00-8:30	\$720
Sundays	4:30-7:00	\$720