



BLACK HAWK TENNIS CLUB JUNIOR GROUP LESSONS

2025 INDOOR CLASS SCHEDULE

Fall classes start the week of January 6th



JUNIOR BEGINNER TENNIS

USTA YOUTH PROGRESSION 10&U TENNIS

This is an introduction to the basic elements of tennis with quality instructors to ensure a positive, successful, and fun experience using the USTA 10 and under tennis format. To participate in our Junior Tennis Lessons you do not have to be a club member. **Cost of classes are based on the number of classes, you get a price break if you come 4+ times per month. Prices also include tax. Cash or Checks payable to: Black Hawk Tennis Club.**

Ages are to give you a guideline, but kids will be placed based on ability level.

***Please let your tennis professional know if you are not planning to attend in advance as a courtesy for the teaching staff and students.**

****CHANGES MADE**

YOUTH PROGRESSION I (ages 5-7 years) Saturdays 9:00-9:55 am

This is a fun introduction to basic tennis play. Clinics include play based instruction and learning to play matches. All classes use the orange balls in the appropriate sized court. (Kids that are 4 years old are welcome at the pros discretion)

Drop in rate is \$17.12 or \$14.98 per lesson if the student attends 4+ lessons in the calendar month.

YOUTH PROGRESSION II (ages 7-11) Tuesdays 4:30 - 5:25 pm and Saturdays 10:00 am - 10:55 am

This is a fun introduction to basic tennis play. Clinics include play based instruction and learning to play matches. All classes use orange or green balls.

Drop in rate is \$17.12 or \$14.98 per lesson if the student attends 4+ lessons in the calendar month.

YOUTH PROGRESSION ACADEMY (ages 7-12 invite only) Tuesdays 5:30-6:25 pm & Saturdays 11:00 am-11:55 pm

This class was designed for the students interested in playing Youth Progression Tennis Tournaments and have graduated from Youth Progression I & II classes. You must be invited by Chris or Tara to participate in this level of class. Students will use green balls.

Drop in rate is \$17.12 or \$14.98 per lesson if the student attends 4+ lessons in the calendar month.

JUNIOR COMPETITION-HIGH SCHOOL- YELLOW BALL GROUP

Thursdays 4:30-6:00 pm & Sundays 12:00-1:30 pm

(ages 11+ or have graduated the USTA Progression Green Ball or 12+ through high school age)

This program is for junior players who can play points, know scoring and the rules and can play a match. Players will learn strategy, and continue to learn proper techniques and some conditioning to improve footwork and endurance.

Drop in rate is \$25.68 or \$21.40 per lesson if the student attends 4+ lessons in the calendar month.

All High Performance and Elite Class Information is sent out to those players in those classes.

Private lessons are available by contacting the tennis club or the tennis professionals to arrange a time.



BLACK HAWK TENNIS CLUB

ADULT GROUP LESSONS

2024-25 INDOOR CLASS SCHEDULE

Fall classes start the week of September 3rd.

CARDIO TENNIS

Cardio Tennis is a tennis workout program catering to all fitness levels. Run by our Tennis coaches, your session will bring together a variety of cardio workouts and tennis drills, all to a high-energy soundtrack. It doesn't matter if you've never played before, your coach is trained to mix up the activities to cater for all skill and fitness levels. So, while it's great for beginners, more experienced tennis players will also have a great time and be challenged.

Tuesday's 9:00 am - 10:00 am

ADULT TENNIS CLINIC

Adult Tennis Clinic is an opportunity for adults to work on skills that will help them improve and strengthen their tennis skills. This class will have instruction and help you to learn the modern game of tennis, drill and point play opportunities against other players.

Wednesday's 6:30 pm - 7:30 pm

PICKLEBALL 101

Adult Pickleball 101 is a class for adults to learn the game of pickleball. You will have the opportunity to learn scoring, the rules of pickleball and lots of playing opportunities during the class. This class gets you playing right away and will help you become comfortable with the sport.

Friday's 10:00 am - 11:00 am

PICKLEBALL SKILLZ

Adult Pickleball Skillz class for adults wanting to work on specific skills to enhance their game. You will learn different dinks, drops, spins, how to get to net quicker, strategies, serve placement, and so much more. This is a hands-on class where we learn skills and put them to use in class. This is the best way to get better and be able to use it in a real game.

Friday's 11:00 am - Noon

ADULT GROUP LESSONS PRICE:

You can purchase a Punch Card with 10 punches for \$75.00 +tax or drop in rate is \$12.00 +tax per lesson. You can use the punch card for any of the adult classes.