



# WINTER RACQUET SPORTS

## STAFF CONTACTS

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OGY – Scott Niemi – Tennis Professional P 920.560.0001 E [zniemi@ymcafoxcities.org](mailto:zniemi@ymcafoxcities.org)

OGY – Adam Martin – Tennis Professional P 920.560.0001 E [adammartin@ymcafoxcities.org](mailto:adammartin@ymcafoxcities.org)

OGY – Patti Stinski - P 920.560.0001 E [pstinski@ymcafoxcities.org](mailto:pstinski@ymcafoxcities.org)

## WINTER SESSION – DECEMBER 5, 2022-MARCH 26, 2023

**\*Please note YMCA Members needs to add a \$12/month Tennis Member Add-on to receive YMCA Member rates.**

### JUNIOR TENNIS PROGRAM JUMP START

This program is designed to teach the fundamentals of tennis in a fun format. The kids use a modified ball, smaller rackets and a smaller court to make the game easier to learn.

#### Red Ball

Ages	Day	Time	*Y Member	General Public
3-4, 5-6	M	8:45am-9:30am	\$120	\$147
3-4, 5-6	TH	1:30pm-2:30pm	\$156	\$156
3-4, 5-6	F	3:45pm-4:30pm	\$120	\$147
3-4, 5-6	SA	10:30am-11:15am	\$120	\$147

#### Orange Ball

Ages	Day	Time	*Y Member	General Public
6-9	T	3:45pm-4:30pm	\$129	\$158
6-9	TH	1:30pm-2:30pm	\$156	\$156
6-9	F	4:30pm-5:30pm	\$156	\$192
6-9	SA	10:30am-11:30am	\$156	\$192

## Green Ball

Ages	Day	Time	*Y Member	General Public
8-10	W	5:30pm-6:30pm	\$207	\$246
8-10	TH	1:30pm-2:30pm	\$156	\$156
8-10	SA	11:30am-12:30pm	\$192	\$228

## JUNIOR DEVELOPMENT

A program that focuses on the fundamentals of stroke production and match play in a way that makes it fun to learn the game of tennis.

### LEVEL 1

Ages	Day	Time	*Y Member	General Public
11-13	M	4:00pm-5:30pm	\$282	\$336
11-13	W	4:00pm-5:30pm	\$305	\$363
11-13	TH	1:30pm-2:30pm	\$156	\$156

### LEVEL 2

Ages	Day	Time	*Y Member	General Public
11-13	M	4:00pm-5:30pm	\$282	\$336
11-13	SA	12:30pm-2:00pm	\$282	\$336

### LEVEL 3 – Tournament

Ages	Day	Time	*Y Member	General Public
8-13	W	4:00pm-5:30pm	\$305	\$363
8-13	SA	1:00pm-2:30pm	\$282	\$336

## JUNIOR VARSITY

A program for the player who is ready to take the next step in tournament tennis.

Day	Time	*Y Member	General Public
TH	4:30pm – 6:00 pm	\$282	\$336
SA	11:30am-1:00pm	\$282	\$336

## VARSITY

Designed for those players expecting to be on their respective varsity high school teams.

Day	Time	*Y Member	General Public
T	4:30pm – 6:00 pm	\$305	\$363
TH	4:30pm – 6:00 pm	\$282	\$336

## TENNIS 101

If you are looking to try tennis for the first time, or, have played in the past and are looking to return to the sport, this is the class for you. You will learn the fundamentals of tennis including stroke production, court positioning, scoring and rules. Upper level classes and leagues are available after completion of this class. To register contact Scott Meixl at [smeixl@ymcafoxcities.org](mailto:smeixl@ymcafoxcities.org)

Day	Time	*Y Member	General Public
T 9/6-10/25	7:00 – 8:30 pm	\$96	\$120
T 11/1-12/20	7:00 – 8:30 pm	\$96	\$120
T 1/10-2/28	7:00 – 8:30 pm	\$96	\$120
T 3/14-5/2	7:00 – 8:30 pm	\$96	\$120
T 6/6-8/1	7:00 – 8:30 pm	\$96	\$120

## PERFORMANCE INVITATIONAL

These are programs designed for the highly state ranked juniors. These players are committed to the game of tennis and are playing several times per week. By invitation only.

Day	Time	*Y Member	General Public
F	4:00 pm - 5:30 pm	\$30/class	\$40/class

Match play is a very important part of the development of a junior tennis player. In addition to various events throughout the year, here are our match play options.

## BRACKET CHALLENGE

**Each player will be scheduled pool play matches followed by a tournament bracket. All matches are unsupervised and are scheduled by the players. There will be a Fall, Winter, Spring, and Summer session.** Must join at the beginning of a session. Cost is \$15 to join and just pay court time as you play. Contact Scott Meixl at [smeixl@ymcafoxcities.org](mailto:smeixl@ymcafoxcities.org) to join.

## SUNDAY MATCHPLAY

Day	Time	*Y Member
<b>ALL SUNDAYS</b>	12:30pm -2:00pm	Court Time Fee

\*Sign up each week through Scott Niemi at [sniemi@ymcafoxcities.org](mailto:sniemi@ymcafoxcities.org)

# 2023 Adult Tennis Program

## CARDIO TENNIS

A high energy fitness activity that combines tennis with cardiovascular exercise delivering the ultimate aerobic workout.

Level	Day	Times	*Y Member	General Public
All Levels	Tuesday	9:00am-10:00am	\$15/class	\$25/class
All Levels	Tuesday	6:00pm-7:00pm	\$15/class	\$25/class
All Levels	Fridays	9:00am-10:00am	\$15/class	\$25/class
3.5 & Up	Saturday	9:00am-10:30am	\$22.50/class	\$32.50/class

Invitation sent out each week for all classes.

## SPORTS FITNESS TENNIS

A high intensity workout that incorporates skill improvement with tennis specific training

Level	Day	Times	*Y Member	General Public
3.0 & Up	Mondays	8:45am-10:15am	\$22.50/class*	\$32.50/class

Invitation sent out each week.

## ADULT DRILLS/LESSONS

These drills focus on technique, court positioning and strategy

Level	Day	Times	*Y Member	General Public
Tennis 101	Tuesdays	7:00pm-8:30pm	\$96/8weeks	\$120/8weeks
2.5-3.0 coed drill*	Mondays	1:00pm-2:30pm	\$22.50/class*	\$32.50/class*

\*Invitation sent out each week

## FRIDAY NIGHT SOCIAL

A coed doubles mixer. Enjoy playing with different tennis partners throughout the night.

Level	Day	Times	*Y Member	General Public
2.5-4.5	Fridays	5:45pm-7:45pm	\$15.00	\$25.00

RSVP to Adam Martin weekly invitational email: [amartin@ymcafoxcities.org](mailto:amartin@ymcafoxcities.org)

## LEAGUES

**Fall Session (Sept. 7-Jan16) Winter/Spring Session (Jan 17-May 22) \$15 per session plus court time.**

Level	Day	Times
Men's 4.5/5.0 Singles	Monday	4:15-5:45pm/5:45-7:15pm/7:15pm-8:45pm
Coed 4.0/4.5 Doubles	Monday	7:15-8:45pm
Ladies' 4.0 Doubles	Tuesday	6:00-7:30pm
Coed 3.5-4.0 Singles	Tuesday	7:30-9:00pm
Men's 3.0-3.5 Doubles	Wednesdays	10:30am-12:00pm
Coed 3.0 Doubles/Singles	Wednesday	5:30-7:00pm
Coed 3.5 Doubles	Wednesday	7:00-8:30pm
Ladies' 3.0 Doubles/Singles	Thursday	9:00-10:30am
Coed 4.0/4.5 Singles	Thursday	6:00-7:30pm
Men's 4.5-5.0 Doubles	Thursday	7:30-9:00pm

Contact Scott Meixl at [smeixl@ymcafoxcities.org](mailto:smeixl@ymcafoxcities.org) to sign up or for information.

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