



FOX CITIES RACQUET CLUB



920.739.0221 ♦ 2915 N. Victory Ln, Appleton WI 54913 ♦ www.foxcitiesracquetclub.com

Session Two – Junior Programs

December 6, 2020 – March 6, 2021

12 week session (Thursday, Friday & Saturday sessions are 11 weeks)

No class December 24 - January 2

Pee Wee Tennis (ages 3 & 4)

3/4s Sundays 12:30 – 1:00pm

Cost:

Member: \$90.00 / IM: \$120.00

Youth Progression (10 & Under Tennis, ages 5-10)

Red Tuesdays 4:30 – 5:30pm

Cost:

Member: \$180.00 / IM: \$240.00

Wednesdays 1:30 – 2:30pm

Member: \$180.00 / IM: \$240.00

Fridays 4:00 – 5:00pm

Member: \$165.00 / IM: \$220.00

Sundays 1:00 – 2:00pm

Member: \$180.00 / IM: \$240.00

Orange Tuesdays 4:30 – 5:30pm

Member: \$180.00 / IM: \$240.00

Wednesdays 2:30 – 3:30pm

Member: \$180.00 / IM: \$240.00

Fridays 4:00 – 5:00pm

Member: \$165.00 / IM: \$220.00

Sundays 1:00 – 2:00pm

Member: \$180.00 / IM: \$240.00

Green Tuesdays 5:30 – 6:30pm

Member: \$180.00 / IM: \$240.00

Fridays 4:00 – 5:00pm

Member: \$165.00 / IM: \$220.00

Sundays 1:00 – 2:00pm

Member: \$180.00 / IM: \$240.00

Middle School (ages 11-13)

Level 1 Fridays 5:00 – 6:00pm

Cost:

Member: \$165.00 / IM: \$220.00

Sundays 2:00 – 3:00pm

Member: \$180.00 / IM: \$240.00

Level 2 Saturdays 10:00 – 11:30am

Member: \$247.50 / IM: \$302.50

Sundays 3:00 – 4:30pm

Member: \$270.00 / IM: \$330.00

High School (ages 14-18)

Jr. Varsity Wednesdays 4:30 – 6:00pm

Cost:

Member: \$270.00 / IM: \$330.00

Sundays 4:30 – 6:00pm

Member: \$270.00 / IM: \$330.00

Varsity Saturdays 12:00 – 1:30pm

Member: \$247.50 / IM: \$302.50

Sundays 11:30am – 1:00pm

Member: \$270.00 / IM: \$330.00

Invitational Groups (Players invited by the teaching staff)

Invite 1 Mondays 4:30 – 6:00pm

Cost:

Member: \$270.00 / IM: \$330.00

Invite 2 Mondays 4:30 – 6:00pm

Member: \$270.00 / IM: \$330.00

Invite 3 Thursdays 4:30 – 6:00pm

Member: \$247.50 / IM: \$302.50

Mental Training – Contact Coach Wendy Whitlinger

*****New Policy: Due to Covid-19, no make ups will be allowed*****

PROGRAM DESCRIPTIONS

Pee Wee Tennis: Ages 3 & 4: 36” court: Players work on body management, movement, hand/eye coordination. The focus is fun as they begin to learn tennis skills.

Red Ball: Ages 8 & U: 36’ court: Players develop basic movement skills, balance, and hand-eye coordination. They learn the forehand, backhand, volley, and drop hit serve.

Orange Ball: Ages 8 & 9: 60’ court: Players develop stroke skills, consistency in rallies, directional control and spin. They play points and games.

Green Ball: Ages 9-10: 78’ court: Players strengthen stroke skills, work on directional control and shot selection. They can sustain a rally, serve, return and play points.

Middle School 1 (ages 11-13) Players will develop coordination, balance, agility, stroke skills, court positioning, scoring and rules of play.

Middle School 2 (ages 11-13) Players placed by pro. Players have tennis experience and M.S. 1 skills and will add directional control, spin and pace. They learn tactics and strategy and how to play a point when they compete.

Junior Varsity (ages 14-18) Players will continue development with the emphasis on preparation for or participation on a high school team. Strokes technique will be improved. They will learn percentage tennis, shot selection, strategies and tactics for singles and doubles, and mental toughness skills.

Varsity (ages 14-18) Participants are current varsity players. They will improve performance by fine tuning their skills. They can use pace and depth. They develop a consistency of performance. They train physically and mentally. They learn to understand tactical situations, shot selection, and constructing a point. They compete in local tournaments and/or USTA Team Tennis.

FCRC Invitational (14 & under, 18 & under) Players selected for this group are involved in USTA competition and have rankings at the state, district, sectional or national level. These players are preparing for tournaments by developing all aspects of their game: stroke skills, quickness, stamina, strength and speed, tactics and strategy, and mental toughness. They have goals and a plan for goal achievement.

****Please note that there may be age exceptions due to a player’s aptitude and ability.***

The pros will place them accordingly.

GROUP LESSON POLICIES

Players must register for the entire session.

Late sign-ups will be prorated, assuming room is available to join.

Exceptions will be made to accommodate high school tennis seasons.

Refunds/credits will not be given for missed lessons.

No make-ups are allowed for missed lessons at this time due to Covid-19.

“IM” stands for Instructional Member or Non-Member. Often it is less expensive to take out a membership than to pay the additional cost. Please ask at the front desk for more details.

Final level assignments are at the discretion of the teaching staff.

Each class must have four students to take place at the listed price.

Please do not come to lessons if you are exhibiting any symptoms of illness.

Our lounge/viewing area is closed due to Covid-19. Parents please drop off children and then wait in your car or run an errand.

Please bring your own water as it will not be provided on the court.

A mask is required when entering and exiting the club.