



YOUTH **tennis** LESSONS

The Rockford Park District offers lessons using the USTA-approved QuickStart program for kids just starting out (*ages 10 and under*), and for advanced youth looking to tune up their skills and develop their individual game

Introducing QuickStart Tennis

QuickStart Tennis is a new practice-and-play program to help children ten and under learn and play the game with less frustration and faster results!

To make it easier for participants, a few things have been adjusted, including the court sizes, racquet sizes, balls, scoring system, and even the net height. Now any child between ages five and ten can start playing tennis almost immediately, even if they have never picked up a racquet before!

The goal of **QuickStart Tennis** is to help younger children (*8 and under*) learn the basic skills and principles of the game as quickly as possible. This allows them to start enjoying the experience of hitting balls back and forth. Practice sessions are progressive, and are organized by age groups.

Older children (*ages 9–10*) will begin to practice and develop the skills required to react in a variety of match situations.

QuickStart Tennis stresses the importance of play, teamwork, and competition. This new format allows participants to develop the skills that will become the foundation of their game while having fun playing with their friends.

To show its commitment and support, the *USTA* has already begun incorporating the **QuickStart Tennis** format into its flagship program, *Jr. Team Tennis*.

quick facts

AGES 3 and older (*as of Jan 1, 10*)

LOCATION Guilford Tennis Center

REGISTRATION ends 1 wk prior to the start of the program
(*or when capacity is reached*)

PROPER ATTIRE REQUIRED
Shorts, t-shirt, and tennis shoes

Guilford Tennis Center
5702 Spring Creek Rd, Rockford
815-987-8807

- 14-court center with windscreens
- Lessons, leagues and tournaments
- All courts lighted for night play
- Control center open with bathrooms

Located behind Guilford High School,
on Spring Creek Rd between Alpine
and Mulford Rds

NOTE ALL LESSONS WILL BE HELD AT GUILFORD TENNIS CENTER

Guilford Tennis Center 5702 Spring Creek Rd, Rockford

Pee Wee Slammers (Ages 3–5)

This lesson program will introduce participants to basic skills like hand-eye control, ball control, and how to hold a racquet. Fun and games will be emphasized throughout the session. Pre-school tennis racquets will be available for use.

Resident \$45.00
Non-resident \$50.00

MON & WED ID# 465101-00
Sept 13, 10–Oct 13, 10
5:30–6:15 pm

Pee Wee Aces (Ages 6–7)

Basic strokes including forehand, backhand, and serving will be introduced. Rally ball format will be used for game play. Players in this level should be able to hit the ball over the net. Tennis racquets will be available for use.

Resident \$45.00
Non-resident \$50.00

MON & WED ID# 465102-00
Sept 13, 10–Oct 13, 10
5:30–6:15 pm

Junior Slammers (Ages 8–11)

In this level, participants will continue to develop the basics while learning new skills. Match play and rally ball formats will be emphasized. Good sportsmanship, rules, and etiquette will also be included.

Resident \$55.00
Non-resident \$60.00

MON & WED ID# 465103-00
Sept 13, 10–Oct 13, 10
6:30–7:30 pm

Junior Aces (Ages 12–15)

Congratulations to all the players who have reached this goal!

This is the top level in the youth lesson program. Players in this level will have the opportunity to reinforce their skills. Drills and match play will be used to further develop their abilities.

Resident \$55.00
Non-resident \$60.00

MON & WED ID# 465104-00
Sept 13, 10–Oct 13, 10
6:30–7:30 pm