



Body First
 3615 Claflin Road, Manhattan KS 785
 776 6060
www.bodyfirst.com

Body First Junior Tennis programs geared towards getting kids playing more tennis. Fun for all levels including games, contests, drills and other tennis mayhem.

Clinics are based on age however Players may be divided into smaller groups during each Clinic based on skill level as needed.

PLEASE REGISTER PRIOR TO FIRST DAY OF CLASS

MEMBER DISCOUNT: 20% OFF

Red Ball Tennis

Kindergarten to Age 8

USTA QUICKSTART FORMAT Red Balls move slower through the air, bounce lower and travel less distance to maximize play. Classes taught on smaller courts using smaller nets. Focus on developing basic tennis and athletic skills through fun games.

PRE K RED BALL: Ages 4 to entering Kindergarten in the fall

Orange Ball Tennis

Ages 9-10

USTA QUICKSTART FORMAT Classes taught with an orange low-compression ball and on a 60' court. The orange ball moves a little faster and travels farther than the red ball but still has a lower bounce than a standard yellow ball.

Green Dot Tennis

Ages 11-12

USTA QUICKSTART FORMAT Class utilizes slightly lower compression green balls (or green dot ball) on a 78' Court.

Teen Tennis

Ages 13 and up

Beginner/Intermediate Teen Player. Gives teens the opportunity to learn and develop tennis skills in a low pressure, fun environment.

NO TENNIS EXPERIENCE REQUIRED

High Performance Junior Tennis

FUTURES*: *Intermediate Tournament Player*

CHALLENGERS*: *Advanced Intermediate Tournament Player*

Maximizing players' potential. High Performance Groups are designed for juniors who wish to play competitively, enhance their athletic performance and develop consistency and power into their game.

PRO APPROVAL REQUIRED TO HIGH PERFORMANCE GROUPS

To Register call 785 776 6060 or email us at playtennis@bodyfirst.com

BODY FIRST JUNIOR TENNIS FALL 2016



Fall Session 1: Sep 6th– Oct 2nd

Fall Session 2: Oct 3rd– Oct 30th

Fall Session 3: Oct 31st-Dec 4th

No Clinics Thanksgiving Week Nov 20th-26th

Fall Session 4: Dec 5th-18th (50% OFF)

Red Ball Clinics

K-8 RED BALL Tues/Thur 4:25-5:05 PM

1 day/week...\$40

2 day/week...\$70

PRE K RED BALL Sat 10:20-10:55 AM...\$30

Orange Ball Clinic

Mon/Wed 5:00 – 5:40 PM

1 day/week...\$40

2 day/week...\$70

Green Dot Clinic

Mon/Wed 5:40-6:30 PM

1 day/week...\$45

2 day/week...\$80

Teen Tennis Clinic

SUN 3:00 pm –4:30 pm

\$80

High Performance Tennis Clinics

Futures

Tues/Thu
5:05-6:30 pm

1 day/week...\$80
2 day/week...\$150

Challengers

Sun/Wed
6:30-7:55 pm

1 day/week...\$80
2 day/week...\$150

Member Discount : 20% off