



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

BODY FIRST JUNIOR TENNIS

FALL 2018



Fall Session 1: Sep 4th– Sep 29th

No class on Labor Day Mon Sept 3rd

25% off Sunday and Monday Clinics –Session 1

Fall Session 2: Sep 30th– Oct 28th

Fall Session 3: Oct 30th–Dec 2nd

No Clinics Thanksgiving Week Nov 18th-24th

Fall Session 4: Dec 3rd-15th (50% 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



Red Ball Clinics

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

1 day/week...\$45

2 day/week...\$75

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.



Orange Ball Clinic

Mon/Wed 5:05 – 5:55 PM

1 day/week...\$50

2 day/week...\$80

Green Dot Tennis

Ages 11-12

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



Green Dot Clinic

Mon/Wed 5:55-6:45 PM

1 day/week...\$50

2 day/week...\$80

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



Teen Tennis Clinic

Sun 3:00 pm –4:30 pm

\$90

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

Futures

Tues/Thu
5:05-6:30 pm

1 day/week...\$90
2 day/week...\$160