



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Racquet Sports

## STAFF CONTACTS

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## HEALTH & SAFETY INFORMATION

- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the building and as you exit.

**September 1 – December 4, 2021 (No Classes November 25-28, 2021)**

*To register for any Racquet Sports Programs, please call 920.560.0001 or stop in person at the center.*

## 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	\$129	\$158
3-4, 5-6	TH	1:30pm-2:30pm	\$168	\$168
3-4, 5-6	F	3:45pm-4:30pm	\$129	\$158
5-6	SA	10:30am-11:15am	\$129	\$158

### 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	\$168	\$168
6-9	F	4:30pm-5:30pm	\$168	\$207
6-9	SA	10:30am-11:30am	\$168	\$207

### Green Ball

Ages	Day	Time	Y Member	General Public
8-10	W	5:30pm-6:30pm	\$222	\$264
8-10	TH	1:30pm-2:30pm	\$207	\$246
8-10	SA	11:30am-12:30pm	\$207	\$246

**UPDATED ON: AUGUST 27, 2021**

## 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	\$305	\$363
11-13	W	4:00pm-5:30pm	\$327	\$390
11-13	TH	1:30pm-2:30pm	\$168	\$168

### LEVEL 2

Ages	Day	Time	Y Member	General Public
11-13	M	4:00pm-5:30pm	\$305	\$363
11-13	SA	12:30pm-2:00pm	\$305	\$363

### LEVEL 3 – Tournament

Ages	Day	Time	Y Member	General Public
8-13	W	4:00pm-5:30pm	\$327	\$390
8-13	SA	1:00pm-2:30pm	\$305	\$363

## JUNIOR VARSITY

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

Day	Time	Y Member	General Public
SA	11:30am-1:00pm	\$305	\$363

## 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	\$305	\$363

## 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	4:00pm – 5:30 pm	\$30/class	\$40/class

Match play is a very important part of the development of a junior tennis player. Here are our match play options.

## SINGLES LADDER

Each player will be scheduled 2 unsupervised matches per month. Sessions go from September through August. Join anytime and drop out anytime! Cost is \$15 to join and just pay court time as you play. Contact Adam Martin at [amartin1@valleyfitnessandracquet.com](mailto:amartin1@valleyfitnessandracquet.com) to join.

## SUNDAY MATCHPLAY

Day	Time	Y Member
ALL SUNDAYS	12:30pm -2:00pm	Court Time Fee

\*Sign up each week through Adam Martin at [adammartin@ymcafoxcities.org](mailto:adammartin@ymcafoxcities.org)

## ADULT TENNIS PROGRAM (Ages 19 and older)

### 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	T	9:00am-10:00am	\$15.00/class	\$25.00/class
All Levels	T	6:00pm-7:00pm	\$15.00/class	\$25.00/class
All Levels	F	9:00am-10:00am	\$15.00/class	\$25.00/class
3.5 & Up	SA	9:00am-10:30am	\$22.50/class	\$32.50/class

### SPORTS FITNESS TENNIS

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

Level	Day	Times	Y Members	General Public
3.0 and up	M	8:45am-10:15 am	\$22.50/class*	\$27/class*

\*Fall through Spring. One-month commitment required for \$22.50/class. Single class drop-in rate is \$27/class

### ADULT DRILLS/LESSONS

These drills focus on technique, court positioning, and strategy. If you are looking to try tennis for the first time, or, have played in the past and looking to return to the sport, this is the class for you! In this class, you will learn the fundamentals of tennis including stroke production, court positioning, scoring, and the rules to be able to enjoy the game on your own. Upper level classes and leagues are available after completion of class. Contact Scott Meixl at [smeixl@ymcafoxcities.org](mailto:smeixl@ymcafoxcities.org) for details.

Level	Dates	Day	Times	Y Members	General Public
Tennis 101	9/7 -10/26/2021	T	7:00pm-8:30pm	\$96/8 weeks	\$120/8 weeks
Tennis 101	11/2 - 12/21/2021	T	7:00pm-8:30pm	\$96/8 weeks	\$120/8 weeks
Tennis 102	9/9 - 10/28/2021	TH	6:00pm-7:30pm	\$144/8 weeks	\$180/8 weeks
Tennis 102	11/4/2021 - 1/13/2022	TH	6:00pm-7:30pm	\$144/8 weeks	\$180/8 weeks
2.5-3.0 coed drills*		M	1:00-2:30pm	\$22.50/class*	\$27/class*

\* One-month commitment required for \$22.50/class. Single class drop in rate is \$27.00/class/member or \$30/class/nonmember

### FRIDAY NIGHT SOCIAL

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

Level	Day	Times	Y Members	General Public
3.0-4.5	F	5:45pm-7:45pm	\$15	\$25

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

### LEAGUES

Fall 9/7/2021 -1/16/2022 Winter 1/17 - 5/22/2022

Level	Day	Times	Y Members
Men's 4.5/5.0 Singles	M	4:15-5:45pm 5:45-7:15pm 7:15pm-8:45pm	\$15+court time
Coed 4.0/4.5 Doubles	M	7:15-8:45pm	\$15+court time
Ladies' 4.0 Doubles	T	6:00-7:30pm	\$15+court time
Coed 3.5-4.0 Singles	T	7:30-9:00pm	\$15+court time
Coed 3.0 Doubles/Singles	W	5:30-7:00pm	\$15+court time
Coed 3.5 Doubles	W	7:00-8:30pm	\$15+court time

This is a working document and is subject to change.

**UPDATED ON: AUGUST 27, 2021**

Ladies' 3.0 Doubles/Singles	TH	9:00-10:30am	\$15+court time
Coed 4.0/4.5 Singles	TH	6:00-7:30pm	\$15+court time
Men's 4.5-5.0 Doubles	TH	7:30-9:00pm	\$15+court time
Coed 4.0/4.5 Doubles	M	7:15-8:45pm	\$15+court time
Ladies' 4.0 Doubles	T	6:00-7:30pm	\$15+court time
Coed 3.5-4.0 Singles	T	7:30-9:00pm	\$15+court time
Men's 3.0 Doubles	W	5:30-7:00pm	\$15+court time
Contact Scott Meixl at <a href="mailto:smeixl@ymcafoxcities.org">smeixl@ymcafoxcities.org</a> to sign up or for information.			

## SINGLES LADDER

We schedule you 2 matches per month, you and your opponent pick the dates and times. \$15 to join for the whole session and just pay court time when you play (unlimited tennis eligible) RSVP to Adam Martin weekly invitational email: <a href="mailto:adammartin@ymcafoxcities.org">adammartin@ymcafoxcities.org</a>
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## PICKLEBALL

We have a fast growing pickleball program here. We have open pickleball, leagues, tournaments and a pickleball machine. For more information and/or questions please call 920-560-0001 or email [pstinski@ymcafoxcities.org](mailto:pstinski@ymcafoxcities.org)