

**10U Tennis (3-10 years old)**

The 10U program introduces young players to the game of tennis. Age Appropriate tennis skills as well as the lead up skills required to be an athlete and a tennis player are taught.

- Levels 1 and 2, 60 minute sessions
- Stroke development, spin creation
- High activity games/fun competition
- Friday night match play and events
- Prepare for 12u Advanced or Green Ball

**Advanced 12U (8-12 years old)**

Our Advanced 12U program is designed for the competitive student seeking the opportunity to advance their game to the next level.

- 90 minute intensive sessions
- Tennis specific movements, fitness
- Strategy, court awareness, prepare for matches
- UTR match play encouraged
- Supplement for Academy training

**Green Ball (11-13 years old)**

Green Ball clinics are designed for players who want to continue to improve their tennis skills, or older players just starting out in the game.

- 90 minute practice sessions
- For those picking up tennis at an older age or those needing more practice before Academy or Teen Tennis
- Fun, stroke learning, rallying, games
- Match play events with 10u and 12u Advanced

**Apex Tennis Academy (11-18 years old)**

Apex Academy provides Maine's highest quality training environment for the aspiring junior tennis player. Our balanced coaching style develops consistency, situational awareness, and the ability to train well with others.

- For those looking to compete in USTA or college
- 2 hour structured sessions including fitness time
- Goal-based training, prepare for competitions
- UTR match play and USTA travel team
- College tennis counseling, recruiting videos

**Teen Tennis (12-18 years old)**

Our Teen Programs include HS Beginners, MS/HS Training, and HS Training. Whether you are just starting out in tennis, or have a basic knowledge of the game but need to work on your consistency, or are interested in playing for your Varsity High School Team, our Teen Programs offer a social, active and fun learning environment for all!

- 90 minute training sessions
- For beginner to intermediate MS/HS players
- Social, active, fun learning environment
- Match play, tournament play encouraged
- Enjoy the game of tennis

**Preschool Tennis Mommy / Daddy & Me****Ages: 3 – 5 years old**

Players are introduced to the game of tennis, basic tennis skills as well as the lead up skills required to be an athlete and a tennis player. Players are encouraged to bring Mom, Dad or another adult in order to learn the skills and games together and be able to practice at home. Players can also come without an adult.

**10 & Under Tennis (1)****Ages: 5 – 8 years old**

This program is for juniors aged 5 – 8 years old that are just starting out in tennis. We incorporate both red and orange balls into this clinic. It focuses on athletic movements, skill development, hand-eye coordination and basic stroke technique. Players should be able to listen, follow instructions, and are grouped by ability.

**10 & Under Tennis (2)****Ages: 7 – 10 years old**

This program is for juniors aged 7 – 10 years old that have been playing tennis for a little while. We incorporate both red and orange balls into this clinic. It focuses on athletic movements, skill development, hand-eye coordination and basic stroke technique. Players should be able to listen, follow instructions, and are grouped by ability. Match play for kids in this level as well as advanced 12u is encouraged.

Session	Duration	Weeks	Cost (1 day/wk)	Cost (2 days/wk)	Cost (3 days/wk)	Cost (drop-in)	No Class
Session 1	09/14-10/25	6	\$125	\$240	\$350	\$30	
Session 2	10/26-12/20	7	\$145	\$280	\$400	\$30	11/23-11/29
Session 3	01/04-02/14	6	\$125	\$240	\$350	\$30	12/21-01/03
Session 4	02/22-04/04	6	\$125	\$240	\$350	\$30	02/15-02/21
Session 5	04/05-05/23	6	\$125	\$240	\$350	\$30	04/19-04/24
Session 6	05/24-06/20	4	\$85	\$160	\$235	\$30	05/29-05/31

Session Days	Class Title	Session Times	Length	Pros	Cost
Tuesday	Mom & Me	1:30-2:15PM	45 min	Kelly	
Tuesday	10U 1 & 2	4:00-5:00PM	60 min	Kelly, Kyle	
Thursday	10U 2	4:00-5:00PM	60 min	Kelly	
Friday	10U Game Day	6:30-7:30PM	60 min	Kelly	\$20/session
Saturday	10U 1 & 2	9:00-10:00AM	60 min	Kelly, Kyle	
Saturday	10U Game Day	10:00-11:00AM	60 min	Kelly	\$10/session



Our Advanced 12U program is meant for those students who are looking for a more intensive opportunity to advance their game. The clinics will focus heavily on stroke development, as well as match play tactics. We envision this course as a “bridge” into our Apex Tennis Academy, which is composed of competitive tennis players with tournament ambition. Players are strongly encouraged to include 2days/week and Match play in their schedule. Instructor approval required.

Session	Duration	Weeks	Cost (1 day/wk)	Cost (2 days/wk)	Cost (3 days/wk)	Cost (drop-in)	No Class
Session 1	09/14-10/25	6	\$210	\$410	\$610	\$45	
Session 2	10/26-12/20	7	\$245	\$480	\$710	\$45	11/23-11/29
Session 3	01/04-02/14	6	\$210	\$410	\$610	\$45	12/21-01/03
Session 4	02/22-04/04	6	\$210	\$410	\$610	\$45	02/15-02/21
Session 5	04/05-05/23	6	\$210	\$410	\$610	\$45	04/19-04/24
Session 6	05/24-06/20	4	\$140	\$270	\$400	\$45	05/29-05/31

Session Days	Class Title	Session Times	Length	Pros	Cost
Tuesday	12U Advanced	5:00-6:30PM	90 min	Mike	
Friday	12U Advanced	5:00-6:30PM	90 min	Mike, Kelly, John	
Friday	12U Game Day	6:30-7:30PM	60 min	Kelly	\$20/session
Saturday	12U Advanced	10:00-11:30AM	90 min	Kelly, Mike, Kyle	



Green Ball clinics are designed for players who want to continue to improve their tennis skills, or older players just starting out in the game. Contact point, proper technique, shot consistency, game rules and scoring are worked on through both fed and live-ball drills. Players should be able to control at least a 25 racket and have the ability to function within appropriate age group setting.

Session	Duration	Weeks	Cost (1 day/wk)	Cost (2 days/wk)	Cost (3 days/wk)	Cost (drop-in)	No Class
Session 1	09/14-10/25	6	\$210	\$410	\$610	\$45	
Session 2	10/26-12/20	7	\$245	\$480	\$710	\$45	11/23-11/29
Session 3	01/04-02/14	6	\$210	\$410	\$610	\$45	12/21-01/03
Session 4	02/22-04/04	6	\$210	\$410	\$610	\$45	02/15-02/21
Session 5	04/05-05/23	6	\$210	\$410	\$610	\$45	04/19-04/24
Session 6	05/24-06/20	4	\$140	\$270	\$400	\$45	05/29-05/31

Session Days	Class Title	Session Times	Length	Pros
Tuesday	Green Ball	5:00-6:30PM	90 min	Tracy
Thursday	Green Ball	4:00-5:30PM	90 min	Tracy
Saturday	Green Ball	12:30-2:00PM	90 min	Kyle



At Apex Academy, our mission is to provide you with Maine's highest quality training environment for the aspiring junior tennis player. Our balanced coaching style encourages the new student to first develop consistency, situational awareness, and the ability to train well with others. All facets of the game are covered, including proper ball striking technique off the forehand and backhand sides, serve technique and variety, as well as proficiency at the net. Regular competitive match play is strongly encouraged for all academy participants. Applying learned skills in a competitive match situation will help the student build confidence, understand their own playing style, as well as realize any weaknesses to improve. Throughout the sessions, much importance is placed on learning correct court positioning, strategy, and tactical awareness in both singles and doubles, as these skills are necessary for collegiate tennis. Tennis-specific fitness will also be included in the sessions.

We are happy to provide an all-encompassing program to meet the needs of every academy student year-round:

- Clinics three days per week.
- Match play opportunities
- Discounted court rate for academy participants
- Team tournament trips
- College recruiting videos/counseling.
- Communication with numerous college coaches throughout New England.
- Private lessons, stroke video review

Session	Duration	Weeks	Cost (1 day/wk)	Cost (2 days/wk)	Cost (3 days/wk)	Cost (drop-in)	No Class
Session 1	09/14-10/25	6	\$330	\$640	\$900	\$65	
Session 2	10/26-12/20	7	\$385	\$750	\$1,050	\$65	11/23-11/29
Session 3	01/04-02/14	6	\$330	\$640	\$900	\$65	12/21-01/03
Session 4	02/22-04/04	6	\$330	\$640	\$900	\$65	02/15-02/21
Session 5	04/05-05/23	6	\$330	\$640	\$900	\$65	04/19-04/24
Session 6	05/24-06/20	4	\$220	\$420	\$600	\$65	05/29-05/31

Session Days	Class Title	Session Times	Length	Pros
Monday	Apex Academy	4:00 - 6:00PM	2 hours	Mike, Kyle, John, Denis
Wednesday	Apex Academy	4:00 - 6:00PM	2 hours	Mike, Kyle, John, Denis
Thursday	Apex Academy	4:00 - 6:00PM	2 hours	Mike, Kyle, John, Denis
Friday	Apex Academy	4:00 - 6:00PM	2 hours	Mike, Kyle, John, Denis

**MS/HS Training****Ages: 12 - 16 years old**

Our Middle School / High School Practice program is designed for those students that have a basic knowledge of the game, but lack the consistency to play at the varsity level! Students will focus on groundstroke consistency, basics of serving, volleying and point play with an emphasis on doubles strategy. Players should be able to move to and return a yellow (real) ball, and be using basic groundstroke technique.

**High School Beginners****Ages: 14 - 18 years old**

This program is designed for high school players just starting out in tennis. Players will be introduced to all of the strokes in tennis, work on making clean contact and rally skills.

**High School Training****Ages: 14 - 18 years old**

This program is designed for those students who plan to play on their Varsity High School team and want to improve their tennis game for the next season. It focuses on singles and doubles strategy with an emphasis on patience, consistency, and intelligent play. Players should be able to serve with consistency, maintain at least a 10 ball rally with a yellow (real) ball, keep score, and be comfortable competing.



Session	Duration	Weeks	Cost (1 day/wk)	Cost (2 days/wk)	Cost (3 days/wk)	Cost (drop-in)	No Class
Session 1	09/14-10/25	6	\$210	\$410	\$610	\$45	
Session 2	10/26-12/20	7	\$245	\$480	\$710	\$45	11/23-11/29
Session 3	01/04-02/14	6	\$210	\$410	\$610	\$45	12/21-01/03
Session 4	02/22-04/04	6	\$210	\$410	\$610	\$45	02/15-02/21
Session 5	04/05-05/23	6	\$210	\$410	\$610	\$45	04/19-04/24
Session 6	05/24-06/20	4	\$140	\$270	\$400	\$45	05/29-05/31

Session Days	Class Title	Session Times	Length	Pros
Monday	MS/HS Training	4:00-5:30PM	90 min	Tracy
Tuesday	HS Training	3:30-5:00PM	90 min	Tracy, Dave
Wednesday	MS/HS Training	4:00-5:30PM	90 min	Tracy
Wednesday	HS Beginners	4:00-5:30PM	90 min	Dave
Friday	HS Training	3:30-5:00PM	90 min	Tracy, Dave
Saturday	HS Training	11:00AM-12:30PM	90 min	Dave
Saturday	MS/HS Training	12:30PM-2:00PM	90 min	Dave