

# "TENNIS 1st"

## Fall Session I Schedule



### "Explore Tennis 1st" (Ages 2 and younger)

An action packed class that requires the accompaniment of a parent or adult for toddlers ranging in age from almost 3 and younger. This class will offer several fun and engaging activities. Children will be allowed to explore the tennis environment while learning the basic fundamentals at a relaxed pace. Our little students will improve hand-eye coordination, foot skills and balance, as well as actually learning how to address the ball with forehand and backhand strokes, volleys and serves. Children attending this class also have the opportunity to work on social skills by interacting with other children and adults. We only use age and size appropriate equipment that foster curiosity and creative learning with all of our little ones and we also incorporate music into our learning continuum. Children will be encouraged to handle a children's tennis racquet as we help them develop their coordination and tennis awareness.

**Session I:** 6 weeks (Age- 2 and younger)  
**Friday October 5<sup>th</sup> – November 9<sup>th</sup>** 4:40-5:20 p.m.  
Cost: \$36.00 for the 6 week Session

**Classes will be held at the Children's House Gym.** Your child should bring a water bottle (or sippy cup ☺). Children do not need to bring a racquet to this class, but are welcome to do so. If a parent is looking to purchase a racquet for their child, we will sell them at competitive prices. **\*\*Babysitting for older siblings can be provided for an additional fee during this class\*\*** -To reserve your child's spot please contact Josie Caldwell at (231) 313-1016 or email: [josie\\_c26@yahoo.com](mailto:josie_c26@yahoo.com).

### "Play Tennis 1st"

Children will learn the game in an environment that encourages imaginative participation in a highly engaging and fun manner for youngsters ages three to five. Children will develop footwork, hand eye coordination, throwing and catching, while incorporating strokes such as forehands, backhands, volleys, serves, and overhead smashes. Of course, all children will be rewarded for their efforts at the end of each class, but our goal is to help the children feel the joy of learning throughout the entire class right through the end. To make it easier for the "Play Tennis 1st" students to learn to play tennis, they will work with a smaller net, smaller racquets and slower bouncing balls to help them learn and to build their confidence .

**Session I:** 6 weeks (Age 3-5)  
**Friday October 5<sup>th</sup> – November 9<sup>th</sup>** 5:30-6:20 p.m.  
Cost: \$48.00 for the 6 week Session

**Classes will be held at the Children's House Gym.** Your child should bring a water bottle and we recommend a 19" or 21" tennis racquet which can be purchased through us at competitive local pricing, however you can find these racquets at most sporting goods stores and major shopping centers for less than \$20.00. We will have some extras if needed to demo. - To reserve your child's spot please contact Josie Caldwell at (231) 313-1016 or email [josie\\_c26@yahoo.com](mailto:josie_c26@yahoo.com).

**Advance Payment is Required as Space is Limited...**

**PLEASE MAKE CHECKS OUT TO TENNIS 1ST, L.L.C., AND SEE JOSIE OR MAIL TO:**

**Tennis 1st, L.L.C.  
3211 PAYSAGE PLACE,  
TRAVERSE CITY, MICHIGAN 49684**

### TESTIMONIALS:

**"I highly recommend Josie's Mommy and Me [Explore Tennis 1st] tennis class. She demonstrates fun, creative activities to encourage the development of balance, throwing, and beginning stroke motion through play. Both Mom's and toddlers will benefit from attending her class."**

**-Sherry L .Small, MD pediatrician  
Traverse City, MI**

**"Tennis 1st is a great introduction to the fundamentals of tennis for children at an age typically thought to be too young to learn tennis. Coach Andy and Coach Josie have found a way to teach at a level that is fun and easy for the kids to grasp. It was truly amazing and exciting for me to watch my kids (at the time of writing this)ages 2,4,&5 actually hit a forehand volley and an overhead smash with the correct grip. I highly recommend the Tennis 1st program to anyone looking to introduce their kids to the wonderful game of tennis."**

**-Jill Haag, Traverse City, MI**