

# "TENNIS 1ST"

2012 Schedule: January 27-March 2



*"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

## "Explore Tennis 1<sup>st</sup>"

An action packed class that requires the accompaniment of a parent or adult for toddlers ranging in age from one to three. 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 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-Under 3)  
**FRIDAYS January 27th – March 2nd 4:40-5:20 p.m.**  
Cost: \$36.00/Session (includes 6 classes)

**Classes will be held in The Children's House, at 5363 Long Lake Road.** 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 1<sup>st</sup>"

A fun beginning level tennis class for youngsters, ages three to five, where parents are encouraged to participate with their children on court, when appropriate. This class will teach footwork, hand eye coordination, throwing and catching, forehands, backhands, volleys, serves, and overhead smashes. Of course, all children will be rewarded for their efforts with a treat at the end of each class! To make it easier for the "Play Tennis 1<sup>st</sup>" 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)  
**FRIDAYS January 27th – March 2nd 5:30-6:20p.m.**  
Cost: \$48.00/Session (includes 6 classes)

**Classes will be held in The Children's House, at 5363 Long Lake Road.** Your child **must 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. 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).