

# SPRING TENNIS NO CLASS DATES ▼

March 26 to April 1

# Tennis

## USTA TEAM TENNIS

Court time is reserved for USTA tennis during select times on weekends. Anyone interested in playing on a USTA team or becoming a captain of a team should call the tennis desk at 630-907-8067 or email Brad Schmidt at bschmidt@fvpd.net.

## WEEKLY DROP-IN DRILLS – SEPT. TO MAY

Level	Day	Time	Fee
<b>Men</b>			
4.0+	Sa	1 to 2:30 p.m.	\$18(M) / \$20(R) / \$25(N)
3.0+	Su	7:30 to 9 a.m.	\$18(M) / \$20(R) / \$25(N)
<b>Women</b>			
Beginner	Tu	11 a.m. to 12:30 p.m.	\$18(M) / \$20(R) / \$25(N)
3.0/3.5	Tu	11 a.m. to 12:30 p.m.	\$18(M) / \$20(R) / \$25(N)
3.5+	Th	11 a.m. to 12:30 p.m.	\$18(M) / \$20(R) / \$25(N)

*Scholarship Opportunities!*  
For programs that offer scholarship opportunities, look for this diamond shape ♦  
See page 107 for more information!

## Tennis Lessons: Quickstart Red Stage 1 ♦

Quickstart Red Stage 1 is an introduction to tennis. Emphasis is on Having Fun while playing tennis! Time is spent developing the ABC's and stroke production is introduced. An oversized, lower compression red ball with a lower bounce that is easier to hit is used. Players need to bring their own racquet. Racquets are sold at the Vaughan Tennis Center. No class March 26-April 1. (BSV)

Age	Location			
5Y-8Y	Vaughan			
Code	Day	Date	Time	Fee
432501-01	M	Mar. 19 - May 21	4-5 p.m.	\$144(R) / \$211(N)
432501-02	Tu	Mar. 20 - May 22	5-6 p.m.	\$144(R) / \$211(N)
432501-03	W	Mar. 21 - May 23	4-5 p.m.	\$144(R) / \$211(N)
432501-04	Th	Mar. 22 - May 24	5-6 p.m.	\$144(R) / \$211(N)
432501-05	F	Mar. 23 - May 25	4-5 p.m.	\$144(R) / \$211(N)
432501-06	Sa	Mar. 24 - May 19	8-9 a.m.	\$128(R) / \$188(N)
432501-07	Su	Mar. 25 - May 20	11 a.m.-noon	\$128(R) / \$188(N)
432501-08	Sa	Mar. 24 - May 19	Noon-1 p.m.	\$128(R) / \$188(N)

## Tennis Lessons: Quickstart Red Stage 2 ♦

Quickstart Red Stage 2 is a continuation of Red 1, geared towards junior who excel athletically at a young age and/or have prior experience in the Red Stage but are not yet ready for Orange. Players need to bring their own racquet. Racquets are sold at the Vaughan Tennis Center Pro Shop. No class March 26-April 1. (BSV)

Age	Location			
5Y-8Y	Vaughan			
Code	Day	Date	Time	Fee
432502-01	M	Mar. 19 - May 21	5-6 p.m.	\$144(R) / \$211(N)
432502-02	Tu	Mar. 20 - May 22	4-5 p.m.	\$144(R) / \$211(N)
432502-03	Th	Mar. 22 - May 24	5-6 p.m.	\$144(R) / \$211(N)
432502-04	F	Mar. 23 - May 25	4-5 p.m.	\$144(R) / \$211(N)
432502-06	Sa	Mar. 24 - May 19	9-10 a.m.	\$128(R) / \$188(N)
432502-07	Su	Mar. 25 - May 20	Noon-1 p.m.	\$128(R) / \$188(N)

# Serve up success at Vaughan Tennis Center

## Tennis Lessons: Quickstart Orange Stage 2 ◆

This class is a continuation of Orange Stage 1. At this level, participants should be able to execute technically sound topspin strokes from the baseline, understand scoring, and have a reliable serve. No class March 26-April 1. (BSV)

Age	Location			
9Y-10Y	Vaughan			
Code	Day	Date	Time	Fee
432503-01	M	Mar. 19 - May 21	5-6 p.m.	\$144(R) / \$211(N)
432503-02	Tu	Mar. 20 - May 22	4-5 p.m.	\$144(R) / \$211(N)
432503-03	W	Mar. 21 - May 23	5-6 p.m.	\$144(R) / \$211(N)
432503-05	F	Mar. 23 - May 25	5-6 p.m.	\$144(R) / \$211(N)
432503-06	Sa	Mar. 24 - May 19	9-10 a.m.	\$128(R) / \$188(N)
432503-07	Su	Mar. 25 - May 20	Noon-1 p.m.	\$128(R) / \$188(N)

## Tennis Lessons: Quickstart Orange Stage 1 ◆

This class is the next step for juniors after completing level Red Stage 2 as well as beginning tennis players ages 9-10. Curriculum involves sending, receiving, developing athleticism and game based learning. Players need to bring their own racquet. No class March 26-April 1. (BSV)

Age	Location			
9Y-10Y	Vaughan			
Code	Day	Date	Time	Fee
432504-01	M	Mar. 19 - May 21	4-5 p.m.	\$144(R) / \$211(N)
432504-02	Tu	Mar. 20 - May 22	5-6 p.m.	\$144(R) / \$211(N)
432504-04	Th	Mar. 22 - May 24	5-6 p.m.	\$144(R) / \$211(N)
432504-05	F	Mar. 23 - May 25	4-5 p.m.	\$144(R) / \$211(N)
432504-06	Sa	Mar. 24 - May 19	8-9 a.m.	\$128(R) / \$188(N)
432504-07	Sa	Mar. 24 - May 19	Noon-1 p.m.	\$128(R) / \$188(N)
432504-08	Su	Mar. 25 - May 20	11 a.m.-noon	\$128(R) / \$188(N)

## Tennis Lessons: Quickstart Green Stage ◆

Quickstart Green Stage 1 uses a green-dot ball that is about 75% air pressure of a standard tennis ball. Participants compete and learn on a full-size tennis court. The slower moving ball promotes longer rallies, allows participants to work on tactics and point development. No class March 26-April 1. (BSV)

Age	Location			
10Y-12Y	Vaughan			
Code	Day	Date	Time	Fee
432505-01	M	Mar. 19 - May 21	4-5:30 p.m.	\$210(R) / \$297(N)
432505-02	Tu	Mar. 20 - May 22	6-7:30 p.m.	\$210(R) / \$297(N)
432505-03	W	Mar. 21 - May 23	4:30-6 p.m.	\$210(R) / \$297(N)
432505-04	Th	Mar. 22 - May 24	4-5:30 p.m.	\$210(R) / \$297(N)
432505-05	F	Mar. 23 - May 25	4-5:30 p.m.	\$210(R) / \$297(N)
432505-06	Sa	Mar. 24 - May 19	8:30-10 a.m.	\$187(R) / \$264(N)
432505-07	Sa	Mar. 24 - May 19	Noon-1 p.m.	\$128(R) / \$188(N)
432505-08	Su	Mar. 25 - May 20	11 a.m.-noon	\$128(R) / \$188(N)

## Tennis Lessons: Match Play Prep ◆

This program is for the young player who has progressed beyond the beginner of Quickstart level and has reached an intermediate level. Focus is on stroke production and match strategy, accompanied by beginning-level fitness for competitive tennis and match play. Appropriate drills and match play will be part of the curriculum. No class March 26-April 1. (BSV)

Age	Location			
10Y-13Y	Vaughan			
Code	Day	Date	Time	Fee
432506-01	M	Mar. 19 - May 21	5:30-7 p.m.	\$210(R) / \$297(N)
432506-02	Tu	Mar. 20 - May 22	4-6 p.m.	\$267(R) / \$371(N)
432506-03	W	Mar. 21 - May 23	6-8 p.m.	\$267(R) / \$371(N)
432506-04	Th	Mar. 22 - May 24	5:30-7:30 p.m.	\$267(R) / \$371(N)
432506-05	F	Mar. 23 - May 25	5:30-7 p.m.	\$210(R) / \$297(N)
432506-06	Sa	Mar. 24 - May 19	10 a.m.-noon	\$238(R) / \$330(N)
432506-07	Su	Mar. 25 - May 20	2-3:30 p.m.	\$187(R) / \$264(N)

## Tennis Lessons: Youth Beginner ◆

This program is for players that have had little to no tennis instruction. It will cover the technique basics for serves, forehands, backhands and volleys. Scoring and play will be introduced. Players need to bring their own racquet. Racquets are sold at the Vaughan Tennis Center Pro Shop. No class March 26-April 1. (BSV)

Age	Location			
11Y-13Y	Vaughan			
Code	Day	Date	Time	Fee
432507-06	Tu	Mar. 20 - May 22	4-5 p.m.	\$144(R) / \$211(N)
432507-07	Su	Mar. 25 - May 20	1-2 p.m.	\$128(R) / \$188(N)

## Tennis Lessons: High School Beginner ◆

These lessons are for junior players who have had limited or no previous instruction. All stroke fundamentals as well as an introduction to competitive play are covered. Participants are encouraged to bring their own racquets. No class March 26-April 1. (BSV)

Age	Location			
13Y-17Y	Vaughan			
Code	Day	Date	Time	Fee
432508-01	F	Mar. 23 - May 25	6-7 p.m.	\$144(R) / \$211(N)
432508-02	Su	Mar. 25 - May 20	1-2 p.m.	\$128(R) / \$188(N)

## Tennis Lessons: Tournament Training 1 (TT1) ◆

This program is geared toward juniors with previous tennis experience or have competed on a Junior Tennis Team. Juniors at this level have begun to improve consistency in all areas. Juniors must be able to rally "short-court" with another peer or they will be moved to a Youth Beginner or MPP class. Topspin is emphasized on groundstrokes and we work toward learning how to serve with a continental grip. While strokes are not perfect, juniors have a working knowledge of proper technique and proper stroke production. Fundamentals of all strokes and proper stroke production will be covered. Classes include dead-ball feeding, live-ball point play, and match play. All classes include a dynamic warm-up and some fitness component. No class March 26-April 1. (BSV)

Age	Location
11Y-14Y	Vaughan

Code	Day	Date	Time	Fee
432509-04	Tu	Mar. 20 - May 22	6-8 p.m.	\$267(R) / \$371(N)
432509-05	W	Mar. 21 - May 23	4-6 p.m.	\$267(R) / \$371(N)
432509-06	Su	Mar. 25 - May 20	2-3:30 p.m.	\$187(R) / \$264(N)
432509-07	Su	Mar. 25 - May 20	3:30-6 p.m.	\$294(R) / \$359(N)

## Tennis Lessons: Tournament Training 2 (TT2) ◆

This program is geared toward older juniors with junior varsity or varsity tennis experience. Players are competitive but do not consistently participate in USTA tournaments. While strokes are not perfect, juniors have a working knowledge of proper technique and proper stroke production. Fundamentals of all strokes and proper stroke production will be covered. Classes include dead-ball feeding, live-ball point play, and match play. All classes include a dynamic warm-up and some fitness component. No class March 26-April 1. (BSV)

Age	Location
15Y-18Y	Vaughan

Code	Day	Date	Time	Fee
432510-01	Tu	Mar. 20 - May 22	5-7:30 p.m.	\$331(R) / \$405(N)
432510-02	W	Mar. 21 - May 23	6-8 p.m.	\$267(R) / \$371(N)
432510-03	Th	Mar. 22 - May 24	6-8 p.m.	\$267(R) / \$371(N)
432510-04	Su	Mar. 25 - May 20	3:30-6 p.m.	\$294(R) / \$359(N)

## Tennis Lessons: Tournament Training Invite (T.T.I.) ◆

This program is geared towards the junior varsity players, varsity players, and/or juniors at the top of the TT1. This is a transitional class where juniors are continuing to improve upon fundamentals. Juniors are transitioning from "club" players to competitive USTA players. Juniors that do not wish to pursue competitive play will remain in TTI and will not advance to the Elite program. Juniors have a working knowledge of proper technique and proper stroke production. Fundamentals of all strokes and proper stroke production will be improved and built upon. Classes include dead-ball feeding, live-ball point play, and match play. All classes include a dynamic warm-up and some fitness component. No class March 26-April 1. (BSV)

Age	Location
12Y-18Y	Vaughan

Code	Day	Date	Time	Fee
432511-01	M	Mar. 19 - May 21	4:30-7 p.m.	\$331(R) / \$405(N)
432511-02	Sa	Mar. 24 - May 19	10 a.m.-noon	\$238(R) / \$330(N)
432511-03	W	March 21 - May 23	4-6 p.m.	\$267(R) / \$371(N)

## Tennis: Hi-Intensity Tennis (H-I-T) ◆

High-Intensity Tennis (H-I-T) is a fun group activity featuring workout-focused drills and point play to give players of all abilities an ultimate, high-energy workout. H-I-T includes warm-up, cardio workout and cool-down phases. No class March 26-April 1. (BSV)

Age	Location
18Y and up	Vaughan

Code	Day	Date	Time	Fee
432514-01	Tu	Mar. 7 - May 23	8-9 p.m.	\$144(R) / \$211(N)
432514-02	Su	Mar. 19 - May 21	Noon-1 p.m.	\$128(R) / \$188(N)

## Tennis Lessons: Elite Junior ◆

This program is geared towards varsity level players and younger juniors that compete monthly in USTA tournaments. Players are strongly encouraged to play tournaments and improve (or establish) a UTR (Universal Tennis Rating). Juniors have a working knowledge of proper technique and proper stroke production. Fundamentals of all strokes and proper stroke production will be improved and built upon. Classes include dead-ball feeding, live-ball point play, and match play. All classes include a dynamic warm-up and some fitness component. No class March 26-April 1. (BSV)

Age	Location
12Y-18Y	Vaughan

Code	Day	Date	Time	Fee
432515-01	M	Mar. 19 - May 21	7-9 p.m.	\$267(R) / \$371(N)
432515-03	Th	Mar. 22 - May 24	4-6 p.m.	\$267(R) / \$371(N)
432515-04	Su	Mar. 25 - May 20	1-3:30 p.m.	\$294(R) / \$359(N)

## Supervised Match Play ◆

Supervised round robin formatted match play- singles and doubles. No formal instruction, coach will be present to monitor matches. Balls will be provided.

Age	Location
11Y-18Y	Vaughan

Code	Day	Date	Time	Fee
432516-01	F	Mar. 23 - May 25	7-9 p.m.	\$90(R) / \$144(N)
432516-02	F	Mar. 23	7-9 p.m.	\$13(R) / \$18(N)
432516-03	F	Apr. 6	7-9 p.m.	\$13(R) / \$18(N)
432516-04	F	Apr. 13	7-9 p.m.	\$13(R) / \$18(N)
432516-05	F	Apr. 20	7-9 p.m.	\$13(R) / \$18(N)
432516-06	F	Apr. 27	7-9 p.m.	\$13(R) / \$18(N)
432516-07	F	May 4	7-9 p.m.	\$13(R) / \$18(N)
432516-08	F	May 11	7-9 p.m.	\$13(R) / \$18(N)
432516-09	F	May 18	7-9 p.m.	\$13(R) / \$18(N)
432516-10	F	May 25	7-9 p.m.	\$13(R) / \$18(N)

### Tennis Lessons: Adult Beginner ♦

This class will teach the basics of tennis, building a solid foundation on which the student can develop. Emphasis will be on the forehand, backhand, serve and volley. No class March 26-April 1. (BSV)

Age	Location			
18Y and up	Vaughan			
Code	Day	Date	Time	Fee
432512-01	M	Mar. 19 - May 21	9-10 a.m.	\$144(R) / \$211(N)
432512-02	M	Mar. 19 - May 21	6:30-7:30 p.m.	\$144(R) / \$211(N)
432512-03	Tu	Mar. 20 - May 22	7-8 p.m.	\$144(R) / \$211(N)
432512-04	Sa	Mar. 24 - May 19	Noon-1 p.m.	\$128(R) / \$188(N)
432512-05	Su	Mar. 25 - May 20	11 a.m.-noon	\$128(R) / \$188(N)

### Tennis Lessons: Adult Intermediate ♦

This program focuses on stroke development and situational drills to develop a more competitive player. Classes also involve tennis play. No class March 26-April 1. (BSV)

Age	Location			
18Y and up	Vaughan			
Code	Day	Date	Time	Fee
432513-01	Tu	Mar. 20 - May 22	6-7:30 p.m.	\$210(R) / \$297(N)
432513-02	Th	Mar. 22 - May 24	6-7:30 p.m.	\$210(R) / \$297(N)
432513-03	Su	Mar. 25 - May 20	Noon-1 p.m.	\$128(R) / \$188(N)



# Pickleball

## SPRING TOURNAMENT



**Sunday,  
May 13  
1 to 4 p.m.**

**Prisco Community Center  
Ages 18 & up**

Get in on the craze- **pickleball!**  
This one-day, round-robin  
tournament will be guaranteed fun.  
All skill levels are welcome,  
and lunch is provided.

**\$20 per person\* • Code 410304**

\*Visit [www.usapa.org](http://www.usapa.org) and obtain your IPF player rating to register for this tournament.