

JUNIOR LEVEL DESCRIPTIONS



Level I

Ages 4-8. Beginners. Learn traditional stroke techniques, basic grips, footwork, and court etiquette. Small student/teacher ratio with an emphasis on technical instruction. "Fun & Fundamentals."

Level I+

Ages 10 & up. Introduction to Tennis. Same as Level I, but only for pre-teen and teenage students.

Level II

Advanced beginner. Ages 9-10. Has completed Level I or the equivalent. Knows basic grips and can sustain a rally with directional aim. Hits accurately while on the run. Starting to serve overhand, but with an abbreviated motion. Often still learning the scoring system.

Level II+

Intermediate. Ages 10 & up. Same as general Level II, but only for pre-teen and teenage students.

Elite: Invite only

This is invite-only training sessions designed for advanced juniors competing at sectional, national, or collegiate levels. We focus on advanced tennis skills, mental toughness, and physical conditioning to give them a competitive edge..

ADULT PROGRAM DESCRIPTIONS

Adult Beginners

This class is designed to break down the basic fundamentals of the main shots in tennis, being groundstrokes, volleys, and serving. Discuss proper grips, swing path, footwork, and other important basics that help make you a better tennis player.

IRR

Instructional Round Robin. This class is designed to work on point-play strategy, positioning, and patterns. This class will touch on some stroke development but is more geared toward playing out points. The recommended level is 2.5 - 4.0.

Cardio Tennis

A great way to get those steps in! Our cardio classes have a lot of movement, but with a lot of point play. In cardio tennis, you won't find yourself standing still often; we stay hitting and moving. Great way to get the cardio while having fun. The recommended level is 2.5+.

ADDITIONAL DETAILS

Our Tennis and Pickleball professionals include Tennis Director, Michael Neverman, Ghassan Al-ansi, Geoff Crawford, Troy Helmers, Jerry Howard, Lance Hudspeth, Harrison Kraemer, Brent Johnson, Nick Mendoza, Guy Schmidt, Eric Thompson, and Patrick Wantz.

All payments are due at sign-up.

Drop-Ins: Available in some classes for an additional \$5 fee per class. Must call ahead to attend.

No classes on 11/26-11/30, 12/22-1/4, or 4/5-4/12.

Level III/Junior Stars

This class combines stroke production and technique with strategy and match play. Students are starting to use spin (top spin and slice) on groundstrokes. Utilizes correct grip on volleys and overhand serve. Understands scoring system and has good fundamentals with improving footwork. Most students are middle school or JV team ready.

Level IV/Varsity

Class is focused on High School Varsity and tournament-level players. Students are expected to know grips and spins in all shot categories and can understand/apply strategy and tactics. Emphasis will be placed on competition. Movement between courts will be based on performance. 2-day attendance is encouraged.

Junior Match Play

Level II+ and up play matches to develop on-the-court experience with technical elements that are learned in our clinics and private lessons. Contact Ghassan Al-Ansi at ghassan@beechmontfitness.com or 513-993-8286.

Tennis Drill & Play

NEW A fun class that is a hybrid of IRR and Cardio Tennis! You'll get your heart pumping while fine-tuning strategies for both singles and doubles play. The recommended level is 3.5+.

Pickleball Drill & Play

We work on specific key shots like dinks, drives, drops, and volley techniques. In the first half, you will learn the techniques, then spend the last 25-30 minutes practicing the skills while getting instructor feedback and supervision.

Missed Classes:

NEW POLICY: Please note that make-up classes are no longer offered. If you know in advance that you will be unable to attend all classes in a session, we recommend signing up as a drop-in for the classes you can attend, rather than registering for the full session.

Free Walk-Ons:

For junior members actively participating in Level II+ and up; may not reserve courts ahead of time.