Group Tennis Lessons



Group Tennis Schedule

June 14th – July 10th

Monday

Time: 4-5PM • Ages: 4-6 (Red Ball) Time: 5-6PM • Ages: 6-8 (Orange Ball) Time: 6-7PM • Ages: 8-10 (Green Ball)

Tuesday

Time: 5-6PM • Ages: 11+ (Yellow Ball) Time: 6-7PM • Ages: Adults

Saturday

Time: 9:30AM-10:30AM Ages: Adults Time: 11AM-12PM Ages: 4-6 (Red Ball) Time: 12PM-1PM Ages: 6-8 (Orange Ball) Time: 1PM-2PM Ages: 8-10 (Green Ball) Time: 2PM-3PM Ages:11+ (Yellow Ball)

Prices

Red, Orange, Green Ball Pricing: Members \$120 • Non Members \$140

Yellow Ball and Adult Pricing: Members \$160 • Non Members \$180 *Prices reflect 4 week sessions.

health & fitness

Levels

Red Ball

Red tennis balls bounce lower and move slowly through the air which gives beginner players a chance to set up and take a good swing at the ball. Perfect for those developing basic athletic skills and hand-eye coordination.

Orange Ball

Orange tennis balls bounce higher and move faster than the Red tennis ball. This level is a step towards the traditional Yellow tennis ball but remains fun and manageable for players learing the game. For those that are developing athletic, technical, and competitive skills.

Green Ball

The green tennis ball is very similar to the traditional Yellow tennis ball, but with slightly lower compression so it rebounds lower off the court after a bounce. For those looking to bring together technical, tactical, and physical skills during competition.

Yellow Ball

The yellow level is what most know as traditional tennis. The balls, raquets, and courts at this level are used in the majority of adult matches and at the professional level.

Call the Front Desk to register : #845-896-5678

www.allsporthealthandfitness.com #845-896-5678 • 17 Old Main Street, Fishkill, NY