

**FREE TRIALS  
AVAILABLE**

# Junior Tennis



## Multi-Sports (Ages 2.5-6)

The Multi-sports Program is designed to develop physical, emotional and fundamental skills for pre-school aged children. The program includes a range of sporting activities a great introduction to tennis, cricket, soccer, basketball and t-ball.

## Tennis Hot Shots

### Red Ball (Ages 4-6)

**PLAY 1/2 court with 25% compression ball!**

The Red program involves group coaching, team-based events and games designed to improve self confidence, gross motor skills and the ability to rally in a fun environment.

## Tennis Hot Shots

### Orange Ball (Ages 7-10)

**PLAY 3/4 court with 50% compression ball!**

The orange program involves group coaching, stroke development, individual and team based events and games designed to increase self confidence, rallying ability and challenge tactical development in a fun environment.

## Tennis Hot Shots

### Green Ball (Ages 11+)

**PLAY full court with 75% compression ball!**

The Green Program involves group coaching, stroke and tactical development. The program prepares children for competitions and school tennis in a fun environment. Physical and mental components are introduced for the more advanced players through singles and doubles match play.

## Yellow Ball Squad

(Ages 11+)

**PLAY full court with 100% compression ball!**

The Yellow program involves stroke, tactical, physical and mental development through group coaching and both singles and doubles match play. The program prepares children for competitions, school tennis, tournaments and performance pathway training in a fun environment.

## Performance

### Pathway Programs

Performance Pathway Programs provide a pathway for juniors who want to reach the highest levels in the game. Our programs are designed to develop all aspects of their game through modern coaching initiatives, goal setting, tournament travel and psychological components. The program requires multiple sessions per week and minimum tournament participation per year, providing invaluable matchplay and experience for players to progress to the next level.

## Private Lessons

Private lessons can be one-on-one tuition or shared, catering specifically for more personalised tuition and rapid improvement. Private lessons are conducted by our professional coaching team (7) days a week. Our objective is to ensure players receive constant attention, goal setting, technique development and maximise hitting in a positive environment.

## Junior Leagues & Competitions

A great compliment to your coaching course. For more information visit us at [www.inspiretennis.com.au](http://www.inspiretennis.com.au)



Sibling  
Discount  
5% off  
Total

Refer a Friend  
and Receive  
10% off

## Price List

All prices are based on 10wks public schools calendar and will be amended if there are 9 or 11wk terms.

### Multi-Sports

Cost: \$220 (10 weeks)  
Duration: 60 mins

### Tennis Hotshots Red Ball

Cost: \$220 (10 weeks)  
Duration: 60 mins  
Ratio: 6:1  
+ Hot Shots Comp \$105

### Tennis Hotshots Orange Ball

Cost: \$280 (10 weeks)  
Duration: 90 mins  
Ratio: 6:1  
+ Hot Shots Comp \$105

### Tennis Hotshots Green Ball

Cost: \$280 (10 weeks)  
Duration: 90 mins  
Ratio: 6:1  
+ Hot Shots Comp \$105

### Yellow Ball Squads

Cost: \$300 (10 weeks)  
Duration: 90 mins  
Ratio: 6:1  
+ Friday Match-Play \$105

### Performance Squads

Cost: \$320 (10 weeks)  
Duration: 90 mins  
Ratio: 6:1  
+ Friday Match-Play \$105

### Private/Sahred Lessons

Cost: \$85-\$115/hr & \$45-\$60/half hr  
(discounted 10pk from \$800)  
Duration: 60/30 mins  
Ratio: 1:1 or 2:1 (costs shared)

### Competitions

Cost: Hot Shots Fri \$95  
Cost: Sunday NSTA \$105

**Enrol Online Now!**

[inspiretennis.com.au](http://inspiretennis.com.au)

Call us on 9498 1902

[info@inspiretennis.com.au](mailto:info@inspiretennis.com.au)

## Junior Tennis Schedule

PROGRAM	MON (10wks)	TUE (10wks)	WED (10wks)	THUR (10wks)	FRI (10wks)	SAT (10wks)	SUN (10wks)
<b>COURSES</b>							
MULTI-SPORTS	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	8-9am / 9-10am 10 - 11am	
HOT SHOTS RED BALL	9:45-10:45am 4:00-5:00pm	9:45-10:45am 4:00-5:00pm	9:45-10:45am 4:00-5:00pm	9:45-10:45am 4:00-5:00pm	9:45-10:45am 4:00-5:00pm	8-9am / 9-10am 10 - 11am	
HOT SHOTS ORANGE BALL	4:00-5:30pm 5:00-6:30pm	4:00-5:30pm 5:30-7:00pm	4:00-5:30pm	4:00-5:30pm	Hot Shots Comp	9:00-10:30am 10:30-12:00pm	
HOT SHOTS GREEN BALL	4:00-5:30pm 5:30-7:00pm	4:00-5:30pm	4:00-5:30pm 5:30-7:00pm	5:30-7:00pm	Hot Shots Comp	8:30-10am 10-11:30am	
YELLOW BALL SQUADS	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	Match Play 530-7pm	10-11:30 am	
PERFORMANCE SQUADS	4:00-5:30pm	5:30-7:00pm	4:00-5:30pm	4:00-5:30pm 5:30-7:30pm	Match Play 530-7pm		
PRIVATE LESSONS	3:30pm onwards	5:30pm onwards	3:30pm onwards	5:30pm onwards	3:30pm onwards	7-11:30am	8am onwards
PROGRAM	MON	TUE	WED	THUR	FRI (10wks-\$95)	SAT	SUN (9wks-\$105)
<b>COMPETITIONS</b>							
RED COMPETITION					4:00-5:30pm		
ORANGE COMPETITION					4:00-5:30pm		
GREEN COMPETITION					4:00-5:30pm		8am Sun Morning NSTA
YELLOW COMPETITION					5:30-7:00pm		10:30am Sun Morning NSTA
PERFORMANCE SQUADS	Pointscore Calendar Tournaments / Friday Match Play / Sunday NSTA						
JUNIOR SOCIAL TENNIS					5:30-7:00pm	High Graded Juniors	

### 2017 Term Dates

**Term 1:** Mon Jan 30 - Sun Apr 9 (10 wks)

**Term 2:** Wed Apr 26 - Sun Jul 2 (10 wks)

**Term 3:** Mon Jul 17 - Sun Sep 24 (10 wks)

**Term 4:** Mon Oct 9 - Sun Dec 17 (10 wks)

### Bus Shuttle Service



Inspire Tennis provides a **free** bus shuttle service for after school pick ups (and holiday periods) from local schools. Please contact the office for more information and timetables.

### Birthday Parties

Tennis Hot Shots birthday party packages. Available weekends.



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