

Court One North - Lansing

1609 Lake Lansing Rd · Lansing, MI 48912 · (517) 372-9531

- Instructor approval required for enrollment higher than Level 3.
- Payment is due at time of registration.
- Classes with low enrollment may be consolidated or canceled.
- Please register early as classes WILL have size limits in compliance with Covid-19 Safe-Start protocols.
- Missed classes must be made up within the same term.
- Late enrollment is possible:
Please contact Sue Selke for pricing at (517) 908-3226.
- **Private, 2 plus a pro, and 3 plus a pro lessons are available.**
Please contact Shelly Kindig at (517) 908-3225 to schedule.

Classes run in 4 week terms (unless noted below)	
Sum1 May 31 - Jul 1	All classes are a 4-week term, except Monday classes which do not meet on Memorial Day, 5/31. No classes 6/19 - 6/24 (Midwest Sectional tournament)
Sum2 Jul 5 - Jul 29	All classes are a 4-week term
Sum3 Aug 2 - Aug 26	All classes are a 4-week term

Court One North - Lansing						
For class approval contact Shelly Kindig (517) 908-3225						
Grade	Age	Class	Day	Time	4-week term price	
					Member	Guest
K - 2 nd	5-8	Red 2-1	Mon	4:30 - 5:30p	\$60	\$72
3 rd - 5 th	8-11	Orange 3-2-1	Thu	5:00 - 6:00p	\$60	\$72
4 th -5 th	10-11	Green 2-1	Tue	5:00 - 6:00p	\$62	\$74
6 th -8 th	11-14	Middle School 3-2	Tue	7:30 - 8:30p	\$64	\$76
9 th -12 th	14-18	High School 2-1	Tue & Thu	6:00 - 7:30p	\$188	\$228
		Tournament 2-1	Mon & Wed	6:30 - 8:00p	\$192	\$240

www.courtone.com

COVID-19 Safe-Start Protocols for Class Participation

We are excited you will be joining us for tennis class and learning the Sport for a Lifetime. Tennis has been recognized as one of the safest sports to play and already has social distancing, good for your health, exercise and strategies to keep a healthy mind. We know these are challenging times but look forward to working through this together to keep you safe and healthy.

Tennis class participants are required to follow these protocols when signing up and to hold your place in class:

- The parent of any child under the age of 18 taking a lesson will need to sign an electronic Liability Waiver which will be sent to the parent's email. We will confirm that we have the correct email on file.
- The temperature of all students must be taken before coming to class. If a temperature is over 100.3° they will need to stay home. If they feel sick, have a cough, etc. they will need to stay home. The instructor reserves the right to remove a student from class if sick or not following the safety protocols.
- The student will need to wear a face mask when entering the building until on the tennis court and when leaving the court until exited from the building. There will be an entrance and exit marked for accessing the court to follow the CDC guidelines of social distancing.
- Restrooms will be available. Lockers are not available for use.
- All students must be pre-registered as we will have strict maximum class numbers. We will not take walk-ins. If a class is full you will be put on a wait list. When we have enough students to add another section, we will contact you.
- The last 10 minutes of class will be devoted to ball pick-up and Safe-Start protocols to prepare for the next group.
- No spectators will be allowed on the tennis courts during class. Up to 2 spectators per student may watch the lessons on TV in the lobby. All spectators must wear masks and observe social distancing in the lobby.
- When classes are held on the clay courts, spectators must remain behind the surrounding fence and are not allowed on the courts.
- There will be hand sanitizer stations for your use when at Court One.
- Please bring your own water bottle and towel.

WOLF PACK Junior Tennis Program

Court One Athletic Clubs has been an innovator and leader in tennis for all levels of junior players, using benchmarks for each level of development, based on the USTA Net Generation Competencies. Our programs will emphasize: technical development, tactical training, problem solving and leadership skills. Regardless of your goal, Court One Athletic Clubs will provide the highest level of professionalism to help each player reach their own tennis goals.



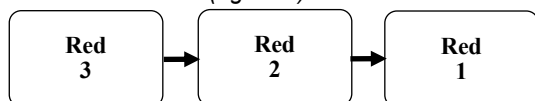
Which class should my child be in?

Players start in the Level 3 for their school grade. Players with more than beginning tennis experience are evaluated and placed by our tennis staff based upon their current playing ability. Students will be evaluated when attending the first level 3 class or may contact the tennis department for an evaluation.

Pre-School (age 4-5)

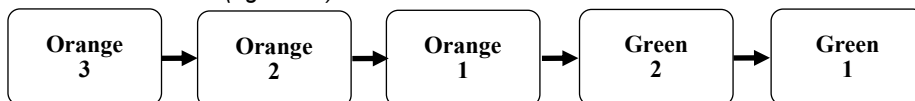


K-2nd Grade (age 5-8)



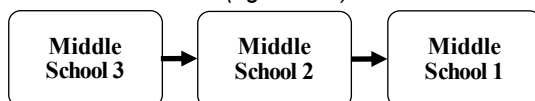
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3rd-5th Grade (age 8-11)



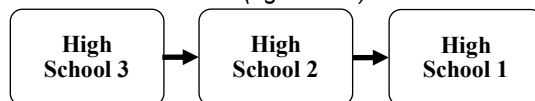
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6th-8th Grade (age 11-14)



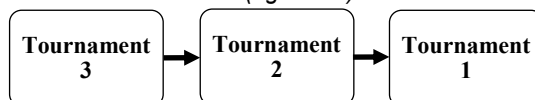
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9th-12th Grade (age 14-18)



Start here

5th-12th Grade (age 8-18)



Grade School Pathway

This is the program for tennis players in Pre-School to 5th grade. The pathway uses a system of modified courts, rackets and balls scaled to maximize learning for different levels and/or age groups. Court One Athletic Clubs is an accredited USTA 10&Under tennis training center. Any color of training balls may be used during any of our classes to help players gain skills faster. Players start in level 3 for their school grade and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level.

Middle School Pathway

This is the program for tennis players in 6th to 8th grades. Participants will practice with various size courts using orange, green and yellow training balls. Players start in level 3 and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level. Players with some experience will be evaluated in the first class and may be moved into a different level.

High School Pathway

This is the program for tennis players in 9th to 12th grades. Coaches may use various training balls orange, green and yellow, in progressions to help players gain a new skill faster. Players start in level 3 and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level.

Tournament Pathway

To enter this pathway players MUST have approval from the Director of Competitive Tennis. During each class players will work on improving mechanics for all strokes, footwork, conditioning, develop consistency and improve shot making. This course is not for every child. To be selected for this group a player must prove a high level of tennis skill and desire to be successful. Must be playing competitive USTA Tournaments.