



Junior Tennis Classes

2024 - 2025 School Year

The DAC Junior Tennis Program provides opportunities for younger people to get introduced to the sport, develop their skills, and then fine tune their abilities during their high school years. Participants must be ages 3 to 18 years old (still in high school) and do not necessarily need to be a DAC member.

Questions

If you have questions, email Cory at cory@dacfit.org, Rob at rob@dacfit.org, or Ross at ross@dacfit.org, or call 217-423-7020.

Seasons

The program has four seasons. Each season includes seven weekly sessions. Below are the schedules for the 2024 - 2025 school year. The date for each week represents the Monday of that week.

Week	Early Fall	Late Fall	Winter	Spring
1	Sept 9	Oct 28	Jan 6	Feb 24
2	Sept 16	Nov 4	Jan 13	Mar 3
3	Sept 23	Nov 11	Jan 20	Mar 10
4	Sept 30	Nov 18	Jan 27	Mar 24
5	Oct 7	Dec 2	Feb 3	Mar 31
6	Oct 14	Dec 9	Feb 10	Apr 7
7	Oct 21	Dec 16	Feb 17	Apr 14

There are no classes the weeks of Thanksgiving, Christmas, New Year's Day, and the week of March 17 (Mt Zion's Spring Break).

Fees

Session fees are due at the time of registration. A spot is not guaranteed until the fee has been collected. Below are the season fees. For a participant to receive the special member discount, the participant must be a DAC member.

Offering	Length	Members	Non-Members
Pee-Wee	30 minutes	\$69	\$89
FUNDamentals	1 hour	\$129	\$149
Skills & Drills	1 hour	\$129	\$149
Play Prep	1 ½ hours	\$199	\$219
Next Level	2 hours	\$269	\$289

Fees can be paid with cash, personal check, credit card, or ACH.

A participant's registration is not complete until the payment is received.

Registration Deadlines

To ensure quality instruction, space is limited. Registration is “first come, first served”. It is possible that a class may fill up before the registration deadline. If signing up during the late registration period, there is no guarantee a spot will be available.

If paying after the registration deadline, add a \$20 late fee.

Season	Registration Deadline	Late Registration
Early Fall	Aug 26	Aug 27 - Sept 8
Late Fall	Oct 14	Oct 15 - 27
Winter	Dec 23	Dec 24 - Jan 3
Spring	Feb 10	Feb 11 - 23

Weekly Schedules

The season fee covers once a week for the chosen day/time for the respective group.

The following is the schedule for the **Early Fall** season.

The day and times of classes may change from season to season.

Mondays	3:30 - 4:00 pm	Pee Wee
	4:00 - 5:00 pm	Skills & Drills
	5:00 - 6:00 pm	Skills & Drills
Tuesdays	3:30 - 4:00 pm	Pee Wee
	4:00 - 5:30 pm	Play Prep
	4:00 - 6:00 pm	Next Level
Wednesdays	3:30 - 4:00 pm	Pee Wee
	4:00 - 5:30 pm	Play Prep
Thursdays	3:30 - 4:00 pm	Pee Wee
	4:00 - 5:30 pm	Play Prep
	4:00 - 6:00 pm	Next Level
Fridays	4:00 - 5:30 pm	Play Prep
Saturdays	12:00 - 2:00 pm	Next Level
	2:00 - 3:30 pm	Play Prep
	3:30 - 4:30 pm	Skills & Drills
	2:00 - 3:00 pm	FUNDamentals (high school)
	3:00 - 4:00 pm	FUNDamentals (middle school)
	4:00 - 5:00 pm	FUNDamentals (3 rd through 5 th grade)

Class Offerings

The ages listed below are suggestions to give parents a better idea of where a player should start. When players come to a specific class, they will be divided based on ability to ensure that instruction is targeted to improve their individual skills. Instructors may determine a player needs to move to another class based on their ability, so they are practicing with others closer to their level.

Pee-Wee (3 to 5 years old)

Your child's first tennis experience establishes a foundation for hand-eye coordination, basic movement, and athletic skills. It is a fun-filled introduction to tennis.

FUNdamentals

These classes provide an opportunity for young people who have never played before to try tennis without being intimidated by experienced peers. The course will start with the very basics, teaching additional fundamentals each week with recreational play included. On the schedule, this class is divided by grade levels.

Skills & Drills (6 to 8 years old)

A focus on introductory rallying skills and beginning stages of cooperative tennis. Students will learn how to initiate a rally, how to move and judge a ball, and racquet control.

Play Prep (9 to 14 years old)

Students will refine their technical and tactical skills. Singles and doubles concepts will be introduced. Ball control exercises that improve consistency, direction, and depth will be enhanced. Additional focus on drills that develop decision making skills, recovery, and movement. Students will experience situational and competitive play. The development of an all-court tennis player will be emphasized.

Next Level (high school)

The class will be divided into two groups. One, beginner to intermediate high school players will focus on developing stroke development, footwork analysis, and match strategies. The other group will be for more advanced tournament players with an emphasis on specialty strokes and situational practice will be emphasized. Teaching of mental strategy will be introduced.

Communication

DAC relies on communicating with participants via email. If you are not receiving emails from DAC, please contact Makenna at makenna@dacfit.org to update your email address. Thanks.