

We Offer The Tennis Canada

Play And Stay Program



Play + Stay
Tennis Camps

Session 1

July 12th - 16th

Session 2

July 26th - 30th

Session 3

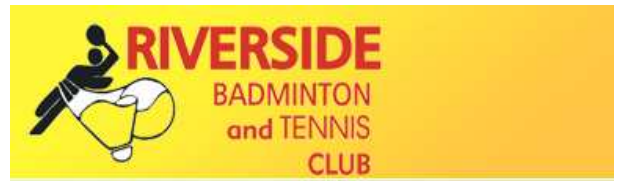
August 16th - 20th

10:00 am - 2:30 pm

Members \$75.00

Non Members \$100.00

Lunch is included with your
fee



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Summer Tennis Camps



Progressive Tennis

Progressive Tennis was initiated by the International Tennis Federation and is now offered by Tennis Canada as part of their Learn+Stay Program. It is designed to give every participant an opportunity to progress through the stages of development.

RED BALL

Red ball 1/2 court tennis is for players who are beginning to play tennis and is played on smaller courts with shorter rackets and low compression balls. This enables the beginner to have an enhanced opportunity for long rallies and play different types of shots which encourages plenty of fun.

Ball: A sponge ball is used indoors and a felt ball outdoors. They are larger and slower than a regular ball.

Court: A smaller court of 11m x 5.5m is used with the net lower than regular tennis at a height of 80cm.

Racket: A shorter racket of 43 cm – 58 cm (17" – 23") is recommended.



ORANGE BALL

Orange ball is 3/4 court tennis that is for players who have progressed through the Red ball stage. It is played on a larger court with bigger rackets and balls that have a slightly higher compression. It is the level participants progress through before starting to play on a full sized court. It is designed to help players develop various shots with fun competition.

Ball: It is a higher compression than the Red ball but is still slower than the Yellow ball giving the player more control at an important stage of their development.

Court: Orange ball is played on a singles court of 18m x 6.5m which is the full width of the singles court with the net now 80 cm at the middle.

Racket: A racket of 58 cm – 63 cm (23" – 25") is recommended.



YELLOW BALL

Yellow ball is generally for players aged 10 and over however different players do develop at various paces. It is played on a full court with full size rackets and regular balls. It is the final stage of development through this program. It offers the player an opportunity to use techniques and skills learned at the previous levels.

Ball: A regular tennis ball is used.

Court: Yellow ball is played on a full sized tennis court for singles and doubles.

Net: The net is at full height.

Racket: A full size racket of 27" is recommended, when a player is physically ready.

