



SANLANDO PARK

2022 Youth Tennis Programs



The **Youth Developmental Program** is a *progression* of lessons where participants “play to learn” utilizing **lower compression balls** (lower bounce) and smaller court sizes to aid in developing skills through a positive educating experience and with a sense of accomplishment.

Players (**6yrs. & under**) will begin with a focus on movement, balance, throwing and catching the ball, swing motions, making contact, grips and stroke development.

As players (**7yrs. & older**) continue to improve, additional skill sets will focus on coordinating movement, balance and hitting the ball with purpose and direction. Game concepts and scoring will be introduced. Completing this progression of lessons will provide training needed for entry level tournament play.

Junior Competition Training Advanced training for players that have completed our Youth Developmental Program or are currently competing in tournaments and/or high school team tennis. The concepts and methods used by our staff are the same ones used by the USTA for elite junior players. The Junior Competition Training Program focuses on all aspects of a complete game (Shot selection, Advanced Strategy and Fitness). **Instructor approval is necessary for registration.**



Park Office: 407-665-2100
Weather Updates: 407-665-PARK

2022 LESSONS SCHEDULE

Session 2 (9wks): March 1st through April 30th

3-4 yrs. old: RED BALL (Developmental)

Online Code	DAY	TIME	PRICE	SESSION DATES
120101_03	Wednesday	4:00pm - 5:00pm	\$72	Mar. 2 – Apr. 27
120101_04	Saturday	9:00am - 10:00am	\$72	Mar. 5 – Apr. 30

5-6 yrs. old: RED BALL (Developmental)

Online Code	DAY	TIME	PRICE	SESSION DATES
120102_04	Tuesday	4:00pm - 5:00pm	\$81	Mar. 1 – Apr. 26
120102_05	Thursday	4:00pm - 5:00pm	\$72	Mar. 3 – Apr. 28
120102_06	Saturday	9:00am - 10:00am	\$72	Mar. 5 – Apr. 30

7-8 yrs. old: ORANGE BALL (Developmental)

Online Code	DAY	TIME	PRICE	SESSION DATES
120103_04	Tuesday	5:00pm - 6:00pm	\$81	Mar. 1 – Apr. 26
120103_05	Thursday	5:00pm - 6:00pm	\$72	Mar. 3 – Apr. 28
120103_06	Saturday	10:00am - 11:00am	\$72	Mar. 5 – Apr. 30

9-10 yrs. old: GREEN BALL (Developmental)

Online Code	DAY	TIME	PRICE	SESSION DATES
120104_04	Tuesday	6:00pm - 7:00pm	\$81	Mar. 1 – Apr. 26
120104_05	Thursday	6:00pm - 7:00pm	\$72	Mar. 3 – Apr. 28
120104_06	Saturday	10:00pm - 11:00pm	\$72	Mar. 5 – Apr. 30

11+ yrs. old: YELLOW BALL (Developmental)

Online Code	DAY	TIME	PRICE	SESSION DATES
120105_04	Tuesday	5:00pm – 6:30pm	\$99	Mar. 1 – Apr. 26
120105_05	Thursday	5:00pm – 6:30pm	\$88	Mar. 3 – Apr. 28
120105_06	Saturday	11:00am – 12:00am	\$72	Mar. 5 – Apr. 30

Junior Competition Training (coach approval)

Online Code	DAY	TIME	PRICE	SESSION DATES
120202_04	Monday	5:00pm - 7:00pm	\$117	Feb. 28 – Apr. 25
120202_05	Tuesday	5:00pm - 7:00pm	\$117	Mar. 1 – Apr. 26
120202_06	Thursday	5:00pm - 7:00pm	\$104	Mar. 3 – Apr. 28

No Lessons: Wednesday, Jan. 20th ; Thursday, Apr. 21st ; Saturday, Apr. 23rd