

YOUTH & TEEN TENNIS TRAINING PEE WEE | JUNIORS | TEENS

TWO 6 WEEK SESSIONS

Tennis racquet and proper footwear required. No audits. Bring one can of unopened tennis balls or \$4 to first class.

allcourttennis@hotmail.com

www.allcourttennis.com

**Coach Julie Heussenstamm -
U.S.P.T.A. Teaching Pro & Staff**



Coach will assign players to level of play

From fundamentals to the complete tennis athlete: grips, mechanics, footwork, playing the game. Fun and exercise for the body and mind!

****Skips Nov 20-23rd, Thanksgiving holiday**

Pee Wee Tennis Lessons - Ages 5-7

\$152 for 7 lessons (Ratio 6:1)

Location: Alta Laguna Park Courts

Beginning

#28036 Wed 2:00-2:50pm Sept 12 - Oct 24
#28037 Wed 2:00-2:50pm Oct 31 - Dec 19**

Intermediate

#28038 Wed 3:00-3:50pm Sept 12 - Oct 24
#28039 Wed 3:00-3:50pm Oct 31 - Dec 19**
#28040 Fri 3:00-3:50pm Sept 14 - Oct 26
#28041 Fri 3:00-3:50pm Nov 2 - Dec 21**

Junior Tennis Lessons - Ages 8-12

\$157 for 7 lessons (Ratio 6:1)

Location: Alta Laguna Park Courts

Beginning

#28042 Fri 4:00-4:50pm Sept 14 - Oct 26
#28043 Fri 4:00-4:50pm Nov 2 - Dec 21**

Intermediate

#28044 Wed 4:00-4:50pm Sept 12 - Oct 24
#28045 Wed 4:00-4:50pm Oct 31 - Dec 19**

Teen Tennis Lessons - Ages 12-18

\$228 for 7 lessons (Ratio 6:1)

\$192 for 6 lessons (#28047) - *Skips 11/23 & 12/7**

Location: Moulton Meadows Park Courts

Beginner/Intermediate

#28046 Fri 6:00-7:20pm Sept 14 - Oct 26
#28047 Fri 6:00-7:20pm Nov 2 - Dec 21***

Tournament Training - Ages 12-18

Serious players who are ready to transition to a mature style of play will learn how to identify their opponents playing style as well as their own; build a game plan; master the entire court with a variety of shots, strokes, movements and positions; and develop positive self-talk and techniques to improve focus and consistency. Drills and match play included.

\$228 for 7 lessons, \$192 for 6 lessons (#28049)

Location: LBHS Courts

#28048 Wed 6:00-7:20pm Sept 12 - Oct 24
#28049 Wed 6:00-7:20pm Nov 7 - Dec 19**

Fall Season Junior Team Tennis

Players will compete in singles and doubles play against teams from Orange County. Team workouts will incorporate intensive physical training and match play. 10 & U teams use the Quickstart Tennis balls. Players must participate in workouts to play on team. Contact Coach for placement. Newcomers will be tested to determine if their skill level qualifies them for placement on the USA Junior Team or in tennis lessons.

Come out and learn to play tennis, how to play in tennis matches and have fun with your peers!

New players must contact coach for placement prior to season

\$450 for one 80 minute training session per week + Saturday Matches

Sept - June: Monday, Tuesday or Thursday
Times, dates and location TBA

10 & Under - Intermediate Players - #28061

12 & Under - Intermediate Players - #28062

14 & Under - Intermediate & Advanced Players - #28063

18 & Under - Intermediate Players - #28064

Cardio Tennis - Fitness Training

Improve your fitness level in an energizing cardio workout plus benefit from drill practice! Players will consistently elevate their heart rates in their aerobic training zone. Ages 18 & up.

**Coach Julie Heussenstamm, U.S.P.T.A. & Staff -
www.cardiotennis.com**

\$152 for 7 lessons, \$132 for 6 lessons (#28051)

#28050 Mon 7:30-8:30pm Sept 10 - Oct 22 LBHS-CT

#28051 Mon 7:30-8:30pm Oct 29 - Dec 17* LBHS-CT

*Skips 11/12 & 11/19

Individual Tennis Lessons with Julie

Enroll for private lessons or attend with a friend for the same fee. **Coach Julie Heussenstamm, U.S.P.T.A. & Staff**

\$520 for 7 lessons, \$450 for 6 lessons (#28056)

Location: LBHS Courts

#28052 Tues 7:30-8:30pm Sept 11 - Oct 23

#28053 Wed 7:30-8:30pm Sept 12 - Oct 24

#28054 Thur 7:30-8:30pm Sept 13 - Oct 25

#28055 Tues 7:30-8:30pm Oct 30 - Dec 18**

#28056 Wed 7:30-8:30pm Nov 7 - Dec 19**

#28057 Thurs 7:30-8:30pm Nov 1 - Dec 20**

Youth Tennis Lessons - Ages 5-16

Coach Garry Glaub - gglaub@cox.net

TWO 6 WEEK SESSIONS

*Skips Nov 12th, Veteran's Day

**Skips Nov 20-23rd, Thanksgiving holiday

Bring one can of unopened tennis balls or \$4 to first class.
Tennis racquet and proper footwear required

Youth 40-Minute Lessons, Level 1

Hand feeds occur at the service line.

\$126 for 6 Lessons (Ratio 6:1)

#28002	Mon	2:45-3:25pm	Sept 10 - Oct 15	LP-CT
#28003	Mon	2:45-3:25pm	Nov 5 - Dec 17*	LP-CT
#28004	Tues	2:45-3:25pm	Sept 11 - Oct 16	MM-CT
#28005	Tues	2:45-3:25pm	Nov 6 - Dec 18**	MM-CT
#28006	Thurs	2:45-3:25pm	Sept 13 - Oct 18	ALP-CT
#28007	Thurs	2:45-3:25pm	Nov 1 - Dec 13**	ALP-CT

Youth 40-Minute Lessons, Level 2

Prereq: Level 1. Basic stroke work and introduction of the serve.
Raquet feeds occur at the service line to promote rallies from the half way point in the court.

\$126 for 6 Lessons (Ratio 6:1)

#28010	Mon	3:30-4:10pm	Sept 10 - Oct 15	LP-CT
#28011	Mon	3:30-4:10pm	Nov 5 - Dec 17*	LP-CT
#28012	Tues	3:30-4:10pm	Sept 11 - Oct 16	MM-CT
#28013	Tues	3:30-4:10pm	Nov 6 - Dec 18**	MM-CT
#28014	Wed	3:00-3:40pm	Sept 12 - Oct 17	LP-CT
#28015	Wed	3:00-3:40pm	Nov 7 - Dec 19**	LP-CT
#28016	Fri	2:45-3:25pm	Sept 14 - Oct 19	ALP-CT
#28017	Fri	2:45-3:25pm	Nov 2 - Dec 14**	ALP-CT

40-Minute Lessons, Level 3

Prereq: Level 2. Stroke work, grips and how to keep score.
Raquet feeds occur at the baseline, rallies from the baseline

\$126 for 6 Lessons, \$170 for #28020 & #28021 (Ratio 6:1)

#28018	Mon	4:15-4:55pm	Sept 10 - Oct 15	LP-CT
#28019	Mon	4:15-4:55pm	Nov 5 - Dec 17*	LP-CT
#28020	Wed	3:45-4:45pm	Sept 12 - Oct 17	LP-CT
#28021	Wed	3:45-4:45pm	Nov 7 - Dec 19**	LP-CT

90-Minute Lessons, Level 4

\$240 for 6 Lessons (Ratio 6:1)

#28022	Tues	4:15-5:45pm	Sept 11 - Oct 16	MM-CT
#28023	Tues	4:15-5:45pm	Nov 6 - Dec 18**	MM-CT
#28024	Thurs	3:30-5:00pm	Sept 13 - Oct 18	ALP-CT
#28025	Thurs	3:30-5:00pm	Nov 1 - Dec 13**	ALP-CT

90-Minute Lessons, Level 5

\$240 for 6 Lessons (Ratio 6:1)

#28026	Fri	3:30-5:00pm	Sept 14 - Oct 19	ALP-CT
#28027	Fri	3:30-5:00pm	Nov 2 - Dec 14**	ALP-CT

Adult Tennis Lessons

STROKE OF THE WEEK CLINICS:

SESSION 1: Forehand, Backhand, Forehand Volley, Backhand Volley, Overhead Smash and Serve.

SESSION 2: Forehand, Backhand, Net Game, Slice, Singles Strategy and Doubles Strategy.

60-Minute Lessons, Beginner

\$170 for 6 Lessons (Ratio 6:1)

#28030	Tues	6:00-7:00pm	Sept 11 - Oct 16	MM-CT
#28031	Tues	6:00-7:00pm	Nov 6 - Dec 18**	MM-CT

60-Minute Lessons, Advanced Beginner

\$170 for 6 Lessons (Ratio 6:1)

#28032	Tues	7:00-8:00pm	Sept 11 - Oct 16	MM-CT
#28033	Tues	7:00-8:00pm	Nov 6 - Dec 18**	MM-CT

60-Minute Lessons, Intermediate/Advanced

\$170 for 6 Lessons (Ratio 6:1)

#28034	Tues	8:00-9:00pm	Sept 11 - Oct 16	MM-CT
#28035	Tues	8:00-9:00pm	Nov 6 - Dec 18**	MM-CT

Tennis Court Locations

Proper footwear is required on all public tennis courts!

- **Alta Laguna Park (ALP-CT):** Six unlighted tennis courts. *Location:* North end of Alta Laguna Blvd.
- **Bluebird Canyon:** One unlighted tennis court - open from 7:00am to dusk. *Location:* Two blocks north of Bluebird Park on the left.
- **Irvine Bowl Park:** Two lighted tennis courts. *Location:* Off Laguna Canyon Road, next to the Festival of Arts.
- **Laguna Beach High School (HS-CT):** Four lighted tennis courts & two unlighted courts, available during non-school use. *Location:* North side of Park Avenue across from LBHS.
- **Lang Park Community Center (LP-CT):** One unlighted tennis court. *Location:* 21540 Wesley Drive
- **Moulton Meadows Park (MM-CT):** Two lighted tennis courts. *Location:* Del Mar and Balboa Avenue

55th Annual City of Laguna Beach Tennis Tournament

Friday, October 26th - 6:00-9:00 pm
Laguna Beach High School Tennis Courts

Saturday & Sunday, October 27, 28 - 8:30-5:00pm
Alta Laguna Park Tennis Courts

\$30 for singles, \$35 for doubles

Questions? Contact Garry Glaub at
(949) 872-1768 or garryglaub@gmail.com

