

# CAC MARLBORO JUNIOR DEVELOPMENT TENNIS PROGRAMS



CERTIFIED REGIONAL



TRAINING CENTER





## About Centercourt of Marlboro Tennis Programs

Centercourt Athletic Club facilities hold the distinguished honor of being designated as a USTA Certified Regional Training Center. This is a result of offering a wide range of high quality junior tennis programs. Centercourt of Marlboro provides an extensive menu of tennis programs for pre-school children and up, from a beginner level to high performance ranked players. All Centercourt junior programs help players build a solid technical tennis foundation which is complemented with an athletic skills training component.

We offer competitive match play and point-playing opportunities for children playing on every size court and with every type of ball through our box leagues, PlayDays, USTA Tournaments and live-ball training sessions at various Centercourt locations. These competitive opportunities provide players with a strong foundation, invaluable experience and an increased comfort level when competing.

Our junior player development pathway includes a wide variety of red, orange, green and yellow ball programs for players of all ages and ability levels. Our proven training progressions and learning environment help players improve their tennis and athletic skills.

If you are looking for a high quality tennis program committed to helping your children learn tennis or help them to reach their highest potential, then Centercourt is the place for you. We offer free player evaluations to determine which of our programs offer the best fit for your child(ren). Contact us at [marlboro@centercourtclub.com](mailto:marlboro@centercourtclub.com) or at 732-965-1065 to learn more about the programs offered and to find out how to schedule an evaluation.

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## Centercourt I & II

Red Low Compression Balls on 36 Foot Courts - For children ages 3 to 8

### Centercourt I (3-5 year olds)

A relaxed environment where fundamental tennis skills are taught and a wide range of fun activities are offered that help develop the player movement skills, athletic skills and gross motor skills. Players use 17, 19 or 21 inch racquets in this 1 hour class.

### Centercourt II (6-8 year olds)

In addition to learning tennis skills, we use tennis games and rallying to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to increase player movement, balance, coordination and athletic skill development. Players use 19, 21 or 23 inch racquets in this 1 hour class.

## Centercourt III & IV

Orange Low Compression Balls on 60 Foot Courts - For children ages 8 - 10

### Centercourt III

Players develop their tennis technique skills, athletic skills and court coverage skills which are critical for success in rallying consistency and in point-playing. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players use 21, 23 or 25 inch racquets in this 1 hour class.

### Centercourt IV

These players can already rally and control the ball direction with success. We provide more technical and tactical guidance to help players develop an all-court game. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency. Focus is placed on players using the proper shot techniques and court coverage skills. Players primarily use a 23 to 25 inch racquet in this 90 minute class.





# Centercourt Junior Development Tennis Programs

## Tennis Fundamentals

This program is for middle school and high school players who are relatively new to the game and want to learn how to rally and play tennis. Players learn the fundamentals and basic skills of tennis including ground strokes, volleys, overheads, and serve.

We are focused on providing the players with the skills required to have success rallying. This 1 hour class is played on a 78 ft court.

## Box League Match Play

This program offers great opportunities for both beginner and advanced players to gain valuable match play experience against players of similar ages and skill levels. Each round of box leagues typically lasts 10 weeks. Pros will be on the court to supervise matches and settle disputes. Matches are played on Friday nights, and are arranged in advance. Players who end up in 1st, 2nd and 3rd place receive trophies at the end of each round.

## Centercourt Terms of Enrollment:

- Full payment is due upon registration
- Partial refunds are given only in the event of extended illness or exceptional family emergency
- No allowance or refund will be made once session has begun
- Make-up policy: No more than two (2) make-ups allowed per session.

Contact us via email at *least 48 hours in advance* of class with student name, class name and time, and consideration will be provided



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