



# **DTL Tennis**

## **Term 1 Programs & Information**

**[www.dtltennis.com.au](http://www.dtltennis.com.au)**

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**DTL Tennis**



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**Communities for Children - Onkaparinga SA**

**2018 Child Friendly Business Award Recipient**



The Launch Pad stage introduces children to tennis through games and fun activities. Children learn the basics of tennis including how to rally. This stage really helps children develop their fundamental motor skills; throw, run, catch, jump, striking and most importantly, tracking. This is a great way for kids to start tennis and have fun



## Blue Stage



## Red Stage

The Red stage is for beginners. The red ball is larger than a yellow ball and doesn't bounce as high (just 25 per cent compression), making it a breeze for even the youngest players to hit it comfortably. The courts and nets used in the Red stage are much smaller and easier for kids to move around.



## Orange Stage

After mastering the Red stage, children move on to the Orange stage where the ball bounces a little higher (50 per cent compression) and the court is a bit bigger. Kids continue to develop their skills in a modified tennis environment while having a great time.



## Green Stage

The ball used in the Green stage has a higher compression (75 per cent of a yellow tennis ball) and children play on a full-size court.



## **What is ANZ Tennis Hot Shots Match Play?**

ANZ Tennis Hot Shots Match Play is a program designed to give children aged 7-11 years old, who are already playing tennis, the opportunity to transition from learning the game to playing matches in a fun team environment. It is intended to give children a great experience which will enable them to fall in love with the sport, and retain them as lifelong participants.

## **Red, Orange and Green Ball Match Play Information**

### **Red Ball Match Play**

Court size 11m x 5.5m wide for singles and doubles.

Net height 67-80cm.

Ball The Red ball is to be used

(which is 25% compression of a full compression Yellow ball)

The reduced court size, lowered net and use of the Red ball is fundamental to offer every child the opportunity to play an all court game and enjoy the sport regardless of their age and ability

### **Orange Ball Match Play**

Court size 18.29m long x 6.4m wide for singles.

18.29m long x 8.22m wide for doubles.

Net height Lowered to 80cm.

Ball The Orange ball is to be used (which is 50% compression of a full compression Yellow ball).

The reduced court size, lowered net and use of the Orange ball is fundamental to offer every child the opportunity to play an all court game and enjoy the sport regardless of their age and ability

### **Green Ball Match Play**

Court size Traditional full size court.

Net height Standard net height.

Ball The Green ball is to be used (which is 75% compression of a full compression Yellow ball)



## Fitbit Cardio Tennis

Music is a great motivator and creates a fun atmosphere to workout too. Cardio Tennis is a fun, tennis-based group fitness program open to people of all ages, abilities and fitness levels which is set to music. Only one workout a week needed to leave you feeling fitter than ever. If you like the sound of a workout that doesn't feel like work and still gets a result, raise a happy sweat with Fitbit Cardio Tennis. Inquire today to get a FREE TRIAL for you and a friend.

## Other Programs

### Squads

#### **Squads :**

Squad sessions primary role is to focus on tactical awareness, decision making, routines, set plays, mental application and fitness.

### Private / Semi Private Lessons

#### **Private / Semi-Private Coaching :**

Private / Semi Private tennis lessons are suited to all players & are recommended for those looking to accelerate their development. 30, 45 & 60min length sessions available.

**Need to contact DTL Tennis to book a day and time**

**0421 961 828 or**

**Email: [dtltc@outlook.com.au](mailto:dtltc@outlook.com.au)**

### Adult Group Coaching

#### **Adult Group Coaching :**

All group coaching incorporates technique, tactical drills and match play on court in a 60 minute session.

# Term 1 DTL Tennis Programs & Costs

**BLUE STAGE**

**AGE 3-5**

**Per Lesson - \$10**

**RED STAGE**

**AGE 5-8**

**Full Term - \$120**  
1 lesson per week

or \$180 for 2 lessons per week

(10 week term)

**ORANGE STAGE**

**AGE 8-10**

**Full Term - \$150**  
1 lesson per week

or \$225 for 2 lessons per week

(10 week term)

**GREEN STAGE**

**AGE 9+**

**Full Term - \$150**

(10 week term)



**DTL / NTC Members -**  
\$10 per workout  
**Non Members -**  
\$15 per workout

## Private / Semi Private Lessons

**Private Lessons:**  
**DTL Tennis & NTC Members**  
**Members - \$30 (30 mins) - \$50 (1 hour)**  
**Non Members - \$35 (30 mins) - \$60 (1 hour)**

**Semi Private Lessons:**  
**Members - \$20 (30 mins) - \$30 (1 hour)**  
**Non Members - \$25 (30 mins) - \$35 (1 hour)**



**Red Ball**  
\$10 (match play only)  
\$5 - 1 lesson players  
Free - 2 lesson players



Contact DTL Tennis: 0421961828 or email: dtltc@outlook.com.au