

# ANTS TENNIS IS A NEW, FUN, PROGRESSIVE PRACTICE & PLAY APPROACH TO YOUTH TENNIS

By utilizing our modified equipment we are able to bring the tennis to you! With ANTS' very own 'most touches possible partner work, practice & play' philosophy we get away from forming lines and the boring traditional styles of managing kids on the court. ANTS Tennis focuses on all-inclusive methods that are meant to develop the agility, balance, and coordination (ABC's) of the athlete. We promote fun while developing a strong set of the FUNdamentals to consistently and progressively build upon. Our goal is help our kids develop the skills that are necessary to begin to enjoy fun, positive, healthy competition and consistently improve. We always stay supportive and focus our practices around having fun. Our overall goal is to help kids fall in love with exercise and health, then fall in love with the sport of tennis!

## **St. Anne Practice and Play Schedule:**

**Mondays:** Sept 14th - Nov 23rd (No Class 10/12, 1pm Start 9/28, 10/26, 11/23)  
**Fridays:** Sept 18th - Dec 4th (No Class 11/6, 11/27)

### **Monday**

K: 2:30-3:00pm  
1-2nd: 2:30-3:15pm

### **Friday**

3-6th: 3:30-4:30pm

## **ANTS Tennis Registration Includes:**

- ANTS Certified and Trained Coach
- Progressive and Fun Curriculums
- Practice and Play Approach
- Appropriately Sized Equipment
- 100% Inclusion
- FUN, FUN, FUN!

## **Register in School Office!**

Price per child: K: \$150, 1st-6th: \$175  
Age Appropriate Racquet: \$25 + tax

**REGISTRATION ENDS SEPT. 11th**

## **Kindergarten:**

Curriculum focused on the ABC's (agility, balance, coordination) of the player, strong fundamental development, and having fun!. They will learn how to send and receive, track, move to, and hit, the ball! We always maintain a fun and supportive environment.

## **1st - 2nd:**

Curriculum that is focused on the ABC's (agility, balance, coordination) of the player, but also designed to help them learn all of the fundamental elements that are necessary to begin to play and compete in a healthy, fun environment. They will learn everything from boundaries, footwork, and strokes to scoring, sportsmanship and etiquette! Always fun and supportive!

## **3rd-6th:**

Curriculum that is focused on the ABC's (agility, balance, coordination) of the player, but also designed to help them get up to playing and competing speed with solid fundamentals as soon as possible. With more drills designed for higher intensity practice and play. Always geared towards having fun and staying positive both when practicing and competing.