

Red Ball 1

Ages 4-6 - Classes are 45 minutes, played on a 36' court and focus on athletic skill, movement, and playing format. This class will introduce players to the basics of tennis, emphasizing FUN activities using pressure-less balls while highlighting hand-eyed and tracking skill development. General athletic skill development is more important than tennis specific skills at this age! Players will work on half-open stance, holding the racket appropriately, balance and position when throwing and catching, hitting the ball in front of the body, balance while hitting the ball and having good distance from the ball. As they progress, they will learn to go from a half open to open stance, initiate shoulder turn, distinguish between a forehand and backhand grip.

Red Ball 2

Ages 6-8 - Classes are 45 minutes, played on a 36' court and focus on athletic skill, movement, and playing format. This class will introduce players to the basics of tennis, emphasizing FUN activities using pressure-less balls while highlighting hand-eyed and tracking skill development. General athletic skill development is more important than tennis specific skills at this age! Players will work on half-open stance, holding the racket appropriately, balance and position when throwing and catching, hitting the ball in front of the body, balance while hitting the ball and having good distance from the ball. As they progress, they will learn to go from a half open to open stance, initiate shoulder turn, distinguish between a forehand and backhand grip.

Orange Ball

Ages 8-10 - Classes are 60 minutes, played on a 60' court and focus on good acquisition of forehand and backhand grip, turning/rotation of the trunk after split step, follow through higher than the contact point, compact backswing before hitting the ball, racket head acceleration with the arm and lower arm/wrist action, hitting the ball in front of the body and following through, various forms of footwork (open, semi open or square stances depending on situation/tactic), good control of balance by using different stances and various forms of recovery according to situation.

Green Ball

Ages 10-13 - Classes are 60 minutes, played on a full 78' court. A minimum of 2 days per week is recommended. These group lessons focus on adjustment of the backhand grip according to the spin needed, separation of the upper body and lower body according to the stance used, lowering racket head to give more spin, and greater racket head acceleration with the arm and lower arm/wrist action. For success at this ball color, the player's balance should be forward according to the stance and target, following through according to the spin applied and tactical objective.

Yellow Ball 1

Ages 13-18 - Classes are 90 minutes, a minimum recommendation of 2 days per week. Whether experienced or new to the game, players ready for the yellow ball will build their skills at West Hills on one of three tracks.

Yellow 1 - This track is designed for the beginner player. Program includes introductions to tennis specific fitness, match play and technical and tactical development

Yellow Ball 2

Ages 13-18 - Classes are 120 minutes, a minimum of 2 days per week is recommended. Whether experienced or new to the game, players ready for the yellow ball will build their skills at West Hills on one of three tracks.

Yellow 2 - This track is for those looking to play high school tennis. Program places greater emphasis on tennis specific fitness, significant stress on technical and tactical development, and supplemental match play.

Performance

Ages 13-18 - Classes are 120 minutes, a minimum recommendation of 2 days per week. Whether experienced or new to the game, players ready for the yellow ball will build their skills at West Hills on one of three tracks.

Performance (Pro Approval/Invite Only) - This track is for those looking to evolve to the high school varsity level of play or are currently playing at that level. Program includes tennis specific fitness, match play, and technical and tactical development. Stroke development, footwork, doubles and singles strategies will all be covered