



Tennis

Jun – Aug 2024



Tennis General Information

Summer Indoor Hourly Court Rates (May 27th – August 18th)

\$19/Hour

Tennis Member Only

Court Reservations

Tennis court reservations are available 6 days in advance. Tennis members must reserve a court in order to play. Pre-payment for indoor court reservation is required. A 24-hour cancellation policy will be enforced.

Ball Machine Rental

There is no extra fee for reserving a ball machine with your court, but please let the front desk know that you'd like to use a ball machine when making the reservation.

Racquet Repair

Re-stringing and re-gripping services are available. Fill out a repair request at the South Front Desk.

Demo Racquets

Our tennis pros can assist you with using our demo racquets.

Private Tennis Lessons

	60 minute	Series of Five	90 Minute	Series of Five
1 Person	\$75	\$365	\$113	\$555
2 People	\$43/person	\$205/person	\$65	\$315
3 People	\$31/person	\$145/person	\$46	\$220
4 - 5 People	\$26/person	\$120/person	\$38	\$180
6+ People	\$24/person	\$110/person	\$35	\$165

Junior Tennis

Session Dates

Session 1	June 3 – June 23 (3 weeks)
Session 2	June 24 – July 14 (3 weeks and no classes on July 4th)
Session 3	July 15 – August 11 (4 weeks)

Registration

- Registration for all four summer sessions begins Monday, April 15th, at 7:00am. Registration will be via the member portal.
- A minimum of three participants is required. Programs are subject to change based on enrollment.



Junior Development

Genesis Miramont tennis supports the USTA's Net Generation approach to junior player development. The Net Generation approach utilizes a progression of age and size appropriate racquets, types of balls, and court sizes to help young kids develop better technique and achieve greater success while having fun!



10's Beginner: 36' Court, Red Ball, Ages 5-10

This class is for the 5 to 10-year-old relatively new to the game and designed to help teach fundamental tennis strokes, as well as introduce rallying and point play. No prior experience is necessary to participate.

Day / Time	Tuesday / Thursday	9:00am – 10:00am
Cost	Sessions 1 (6 classes)	\$120
	Session 2 (5 classes)	\$100
	Session 3 (8 classes)	\$160

10's Intermediate: 36' Court, Red Ball, Ages 5-10

This class is designed for the 5 to 10-year-old player who understands the basic tennis mechanics using the forehand and backhand and is capable of participating in a 10-ball rally with another child on the 36' court. Players will continue to work on the mechanics for

groundstrokes, volleys, and serves, as well as consistency and control in rally and point play scenarios.

Day / Time	Tuesday / Thursday	9:00am – 10:00am
Cost	Sessions 1 (6 classes)	\$120
	Session 2 (5 classes)	\$100
	Session 3 (8 classes)	\$160



12's Beginner/Intermediate: 78' Court (full size), Green Ball, Ages 11 – 12

This class is for the beginner to intermediate 11 to 12-year-old player. No experience is necessary to participate. Players will work on stroke production, movement, rally skills, and point play.

Day / Time	Wednesday / Friday	3:00pm – 4:30pm
Cost	Sessions 1 (6 classes)	\$180
	Session 2 (6 classes)	\$180
	Session 3 (8 classes)	\$240

17's Beginner: 78' Court (full size), Green or Yellow Ball, Ages 13 – 17

Intended for the 13 – 17-year-old player relatively new to the sport. Players will learn the fundamentals of the game and will improve the skills necessary to participate in match play situations. Stroke production, rally skills, and point play will be emphasized.

Day / Time	Wednesday / Friday	3:00pm – 4:30pm
Cost	Sessions 1 (6 classes)	\$180
	Session 2 (6 classes)	\$180
	Session 3 (8 classes)	\$240

Challengers

This group is designed for the intermediate to advanced middle school player who is comfortable with all the basic strokes and able to display control, consistency, and directional intent. Participants will continue to develop their strokes, footwork, and point play skills as they prepare for their middle school tennis seasons and tournament play.

Days / Times	Tuesday / Thursday	4:00pm – 5:30pm
Cost	Sessions 1 (6 classes)	\$180
	Session 2 (5 classes)	\$150
	Session 3 (8 classes)	\$240

Grand Slam

Designed for the intermediate to advanced high school player, participants should be competent with all the basic strokes and able to display control, consistency, and directional intent. A variety of drills will be used to teach and prepare students for their high school tennis seasons and tournament play.

Days / Times	Tuesday / Thursday	4:00pm - 5:30pm
Cost	Sessions 1 (6 classes)	\$180
	Session 2 (5 classes)	\$150
	Session 3 (8 classes)	\$240

Junior Team Tennis

Junior Team Tennis (JTT) is a 10-week program of practice and match play for boys and girls who want to play on a tennis TEAM. Teams are comprised of players of similar age, gender, and skill that will compete against other teams from the region in one of four age divisions: 10 & Under, 12 & Under, 14 & Under, and 18 & Under. Each age division is further divided into different categories based on ability level. A USTA membership is NOT required, however, each player must have some tennis experience, including the ability to serve and keep score.

To register for Junior Team Tennis, email Andy or Patrick for a link to the online registration form if you don't have it already. The registration deadline is Friday, May 10th.

Match Participation and Drills

Match Dates	Mondays, June 10 – July 22		
Match Times	8:00am	10 & Under; 12 & Under	
	9:30am	14 & Under	
	11:00am	18 & Under	

*Home matches will be at the same site as your practices.

State Tournament August 2 - 4 (for teams that qualify)

Practice Dates June 4 – August 9

Practice Times At Genesis Miramont South:

Tues/Thurs	11:30am – 1:00pm	10 & Under; 12 & Under
Tues/Thurs	1:00pm – 2:30pm	14 & Under

At Rocky Mountain High School:

Wed/Fri	8:00am – 9:30am	18 & Under
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At Fossil High School:

Wed/Fri 8:00am – 9:30am 18 & Under

Cost* \$425

End of Season Party Friday, August 9 5:30pm - 6:30pm At Genesis Miramont South

*Cost includes \$32 league registration fee, all drill sessions, approximately 4-5 matches, the end of season party, and a Team Genesis JTT shirt.



Adult Tennis

The adult tennis program at Genesis Miramont South offers a wide variety of classes designed to energize and inspire your tennis game. Open to players of all ability levels, our tennis professionals will focus on fundamentals, technique, and strategy to help raise your game to the next level while having fun!

Session Dates

Session 1	June 3 – June 23 (3 weeks)
Session 2	June 24 – July 14 (3 weeks and no classes on July 4th)
Session 3	July 15 – August 11 (4 weeks)

Registration

- Registration for all four summer sessions opens on Monday, April 15th, at 7:00am. Registration for all adult classes will be through the Spond app. If you need to be added to a group, please contact Andy at abenson@genesishealthclubs.com.
- A minimum of three participants is required. Programs are subject to change based on enrollment.



Drill & Play

Experience instruction, drills, and point play. Limited to participants' NTRP Level.

Level	Day	Time
2.0/2.5	Wednesday	12:00pm – 1:30pm
2.0/2.5	Friday	5:30pm – 7:00pm
2.5/3.0	Wednesday	10:30am – 12pm
2.5/3.0	Saturday	9:30am- 11:00am
3.0	Tuesday	10:00am – 11:30am
3.0	Saturday	11:00am – 12:30pm
3.5	Wednesday	1:30pm – 3:00pm
3.5	Thursday	10:00am – 11:30am
3.5	Saturday	9:30am – 11:00am
4.0+W/3.5+M	Saturday	8:00am – 9:30am
4.0	Wednesday	12:00pm – 1:30pm
4.0/4.5	Friday	12:00pm – 1:30pm

Cost

Sessions 1	\$90
Session 2	\$90 (*\$60 for Thursday class- no class 4 th of July)
Session 3	\$120

Match Play

Focus on singles and/or doubles tactics in a match play situation. Registration limited to participants' NTRP Level.

Level	Day	Time
2.5	Monday	12:00pm – 1:30pm
2.5/3.0 (Singles)	Friday	1:30pm – 3:00pm
3.0	Thursday	10:00am – 11:30am
3.5	Monday	1:00pm – 2:30pm
3.5/4.0 (Singles)	Tuesday	10:00am – 11:30am

Cost

Session 1	\$99
Session 2	\$99 (*\$66 for Thursday class- no class 4 th of July)
Session 3	\$132



Flex Tennis

Our Flex classes allow for members to register for each class individually, as opposed to a multiple-week session. You can register through the Spond app. To be added to these groups and start receiving invites, please contact Andy at abenson@genesishealthclubs.com.

Early Bird

Get up with the sun and enjoy drills and point play before your workday begins.

Level	Day	Time
3.0 – 3.5	Tuesday	6:00am – 7:30am
4.0/4.5	Friday	6:00am – 7:30am
Cost	\$26 / class	

Rapid Fire

A combination of feeding and point play drills to get players moving and provide a great workout! Open to all levels.

Day	Time
Wednesday	12:00pm – 1:00pm
Thursday	8:00am – 9:00am
Cost	\$21 / class

Cardio Tennis

A fitness class in which orange balls will be used to provide a fun and high energy workout! Open to all levels.

Day	Time
Tuesday	9:00am – 10:00am
Thursday	5:00pm – 6:00pm
Saturday	11:00am – 12:00pm
Cost	\$21 / class

Primetime Monday: 2.5/3.0

Drills and point play for 2.5's and 3.0's! Over the summer, this drill will be off-site since we don't have any courts available at the club. Deb will be running these at her neighborhood courts (address posted on Spond events).

Day	Time
Monday	6:00 – 7:30pm
Cost	\$26 / class

Hit N' Run

Fast-paced drills, "champ of the court"-style. Featuring drills with skills.

Level	Day	Time
4.0+M/4.5+W	Saturday	9:30am – 11:00am
Cost	\$26 / class	



MEET OUR STAFF



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