



Tennis

August – December 2023



Tennis General Information

Indoor Hourly Court Rates

\$31/Hour

Must be a Tennis Member to reserve a 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.

Outdoor Courts

Free of charge to Genesis Miramont Tennis Members

Ball Machine Rental Fees

Outdoor courts \$5/hour

Indoor courts Standard indoor court fees apply, no extra charge for ball machine

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	\$73	\$355	\$110	\$540
2 People	\$41/person	\$195/person	\$63	\$305
3 People	\$29/person	\$135/person	\$44	\$210
4 - 5 People	\$24/person	\$110/person	\$36	\$170
6+ People	\$22/person	\$100/person	\$33	\$155



Junior Tennis

Session Dates

Session 1	August 21 – October 1
Session 2	October 2 – November 12
Session 3	November 13 – January 7 (No class Nov 22 – 26 and Dec 23 – Jan 5)

Registration

- Session 1 registration will open on Monday, August 7th at 7am. For subsequent sessions, pre-registration (for those currently enrolled) will start two weeks prior to the start of the next session and open registration will one week prior.
- A membership is required to participate in tennis programs. If your child is not already a member, a membership can be set up for them at a special junior rate of \$34/month.
- 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 learn the game 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	Wednesday	4:00pm – 5:00pm OR
	Saturday	10:00am – 11:00am
Cost	\$114	

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	Wednesday	4:00pm – 5:30pm OR
	Saturday	10:00am – 11:30am
Cost	\$174	

10's Advanced: 60' Court, Orange Ball, Ages 8-10

For the 8 to 10-year-old player who has sufficient experience on the 36' court. Players should have the basic mechanics down for groundstrokes, volleys, and serves and be able to display control and directional intent with these shots. Players can maintain a 10-ball rally and play points on the 60' court. Participants will continue to develop a variety of shots and will gain experience using them in point play scenarios.

Day / Time	Wednesday	4:00pm – 5:30pm OR
	Saturday	10:00am – 11:30am
Cost	\$174	



12's Beginner: 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	4:00pm – 5:30pm OR
	Saturday	10:00am – 11:30am
Cost	\$174	

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

Intended for the 11 to 12-year-old player who is comfortable with basic tennis strokes and able to display control, consistency, and directional intent. Prior match play experience is recommended.

Day / Time	Wednesday	4:00pm – 5:30pm
	Saturday	10:00am – 11:30am
Cost	\$174	

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 / Friday	4:00pm - 5:30pm
	Sunday Match Play	12:00pm – 1:30pm or 6:00pm – 7:30pm (schedule will be provided)
Cost	\$380	

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	Monday / Thursday	4:30pm – 6:00pm
	Sunday Match Play	1:30pm – 3:00pm or 7:30-9:00pm
		(schedule will be provided)

Cost	\$380
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Home School Junior Classes

For those that do home schooling and are looking for a tennis class during what is typically school day hours!

Ages 5 - 8	Friday	1:30 – 2:00pm
Ages 9 – 12 Beginner	Friday	2:00 – 3:00pm
Ages 9 – 12 Intermediate	Friday	3:00 – 4:00pm

Cost	30-minute Class: \$57/Session
	1-hour Class: \$114/Session



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 certified tennis professionals will focus on fundamentals, technique, and strategy for both singles and doubles to help raise your game to the next level while having fun!

Session Dates

Session 1	August 21 – October 1
Session 2	October 2 – November 12
Session 3	November 13 – January 7 (No class Nov 22 – 26 and Dec 23 – Jan 5)

Registration

- Session 1 registration will open on Monday, August 7th at 7am. For subsequent sessions, pre-registration (for those currently enrolled) will start two weeks prior to the start of the next session and open registration will one week prior.
- Registration will be through the Spond app. If you are not set up on Spond, please contact Andy at abenson@genesishhealthclubs.com to get added to the appropriate groups and start receiving invites.
- A membership is required to participate in tennis programs.
- 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. Registration is via the Spond app, if you need to be added to a Spond group to start receiving invites, please contact Andy at abenson@genesishhealthclubs.com or talk to any of the tennis pros.

Level	Day	Time
2.0/2.5	Wednesday	12:00pm – 1:00pm (*1-hour class: \$114/session)
2.0/2.5	Friday	5:30pm – 7:00pm
2.5/3.0	Monday	9:30am – 11:00am
2.5/3.0	Wednesday	9:00am – 10:30am
2.5/3.0	Thursday	7:30pm – 9:00pm
3.0	Saturday	11:30am- 1:00pm
3.0/3.5	Thursday	10:30am – 12:00pm
3.0/3.5	Thursday	12:00pm – 1:30pm
3.5	Wednesday	1:00pm – 2:30pm
3.5	Saturday	1:00pm – 2:30pm
3.5/4.0	Friday	12:00pm – 1:30pm
4.0	Wednesday	10:30am – 12:00pm
4.0/4.5	Friday	12:00pm – 1:30pm
4.0/4.5	Friday	1:30pm – 3:00pm
3.5/4.0	Thursday	6:00pm – 7:30pm
3.5+M/4.0+W	Saturday	2:30pm – 4:00pm

Cost/Session \$174

Match Play

Focus on singles and/or doubles tactics in a match play situation. Registration limited to participants' NTRP Level and is through the Spond app. if you need to be added to a Spond group to start receiving invites, please contact Andy at abenson@genesishealthclubs.com or talk to any of the tennis pros.

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

Cost/Session \$192



Flex Tennis

Our Flex classes allow for members to register for each class individually, as opposed to a multiple-week session. Registration is managed through an app called “Spond”. Email Andy at abenson@genesishealthclubs.com to start receiving Spond invites for any of the groups below.

Early Bird

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

Level	Day	Time
3.0 – 3.5	Tuesday	6:00am – 7:30am
4.0/4.5	Friday	6:00am – 7:30am
Cost	\$25 / class	

Prime Time Wednesdays

Come out for some evening point play! Classes will alternate levels weekly between 3.0/3.5 and 4.0+.

Level	Dates	Time
3.0 – 3.5	Aug 23	7:00pm – 8:30pm
	Sep 6, 20	
	Oct 4, 18	
	Nov 1, 15	
	Dec 6, 20	
4.0+	Aug 30	7:00pm – 8:30pm
	Sep 13, 27	
	Oct 11, 25	
	Nov 8, 29	
	Dec 13	
Cost		\$25 / 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
Friday	8:00am – 9:00am
Cost	\$20 / 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
Saturday	11:30am – 12:30pm
Sunday	5:00 – 6:00pm
Cost	\$20 / class

Hit N' Run

Fast-paced drills and games for 4.0/4.5 Men and 4.5 Women.

Level	Day	Time
4.0+M/4.5+W	Saturday	11:30am – 1:00pm
Cost	\$25 / class	

Meet Our Staff



Andy Benson, Tennis Director; (970)672-4224
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