

WINTER SESSION 2025

JUNIOR TENNIS



LAKE COUNTRY



Wisconsin Athletic Club

JUNIOR TENNIS

Starter

The Starter Program is designed for any age junior without much tennis experience to be able to join a class and feel comfortable. We welcome ages 5 to teens who want to learn the game of tennis.

If your child needs a tennis racquet, we will provide and size them to the proper racquet to borrow. We do have 21 and 23 inch racquets available for \$15, these are size appropriate for ages 4-7 year olds.

Intermediate

The Intermediate Program is for juniors with some tennis experience who want to continue to grow their skills. Key elements of our lessons include drills, stroke production, point play, game play, and fun.

Advanced

The Advanced Program is for those juniors who have chosen an aggressive pathway for tennis including multiple days of play, practice, and tournament involvement. Our juniors have a high level of commitment in these group lessons so they encourage each other to improve.

High Performance

The High Performance Progression program is designed specifically for junior tennis players in the Youth Progression pathway (Orange, Green, and Yellow Ball) who have the skills necessary to begin training for competitive play.

High Performance Team

The most aggressive developmental pathway to raise the level of tennis for the student. Class placement based on Universal Tennis Rating (UTR) guarantees high level hitting and competition suitable to the student. To ensure quality instruction, tennis pros will be team teaching these groups so students can get a variety of input from multiple professionals. We encourage the student to participate in multiple days of practice, lessons, and tournament play. Class placement based upon UTR.

Early Registration Discount

Receive a \$2.50 per class discount if you register before the early registration deadline.

Tennis Viewing Gallery at Lake Country

Parents, guests, friends and family are welcome to watch your child's tennis lessons in our wonderful Tennis Viewing Gallery. If you are dropping off your child, they can wait at the high tables overlooking the frontside tennis courts and the Certified Professional Tennis Staff will bring your child down to the courts and bring them up when the class is done. As your child becomes comfortable with their surroundings, they may go down to their court at the designated time of the class. We also ask that your child sits at the high tables when class is over while waiting to be picked up. This is to ensure your child's safety, provide consistency for both parents and children, and create a positive experience for everyone.

UPCOMING SPRING SESSION INFO:

Dates: March 31-June 8, 2025

*No classes on April 20, April 21,
and May 23-26*

Advantage Member Registration:
March 3 • 12pm

Fitness Member Registration:
March 10 • 12pm

For more information contact

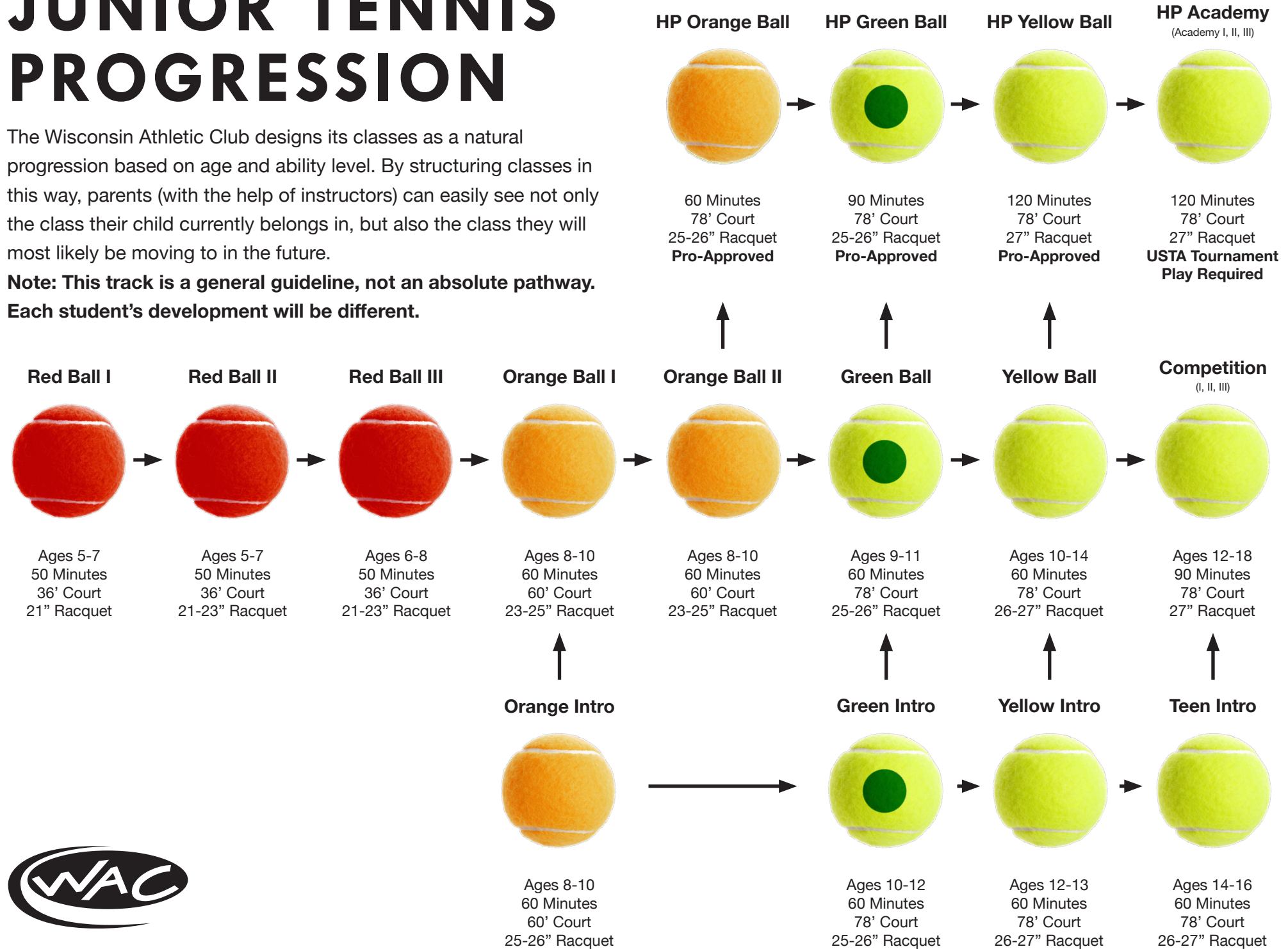
Starter | Intermediate | Advanced | Mano Kehoss at mkehoss@thewac.com

High Performance Teams | Tim Hartwick at thartwick@thewac.com

JUNIOR TENNIS PROGRESSION

The Wisconsin Athletic Club designs its classes as a natural progression based on age and ability level. By structuring classes in this way, parents (with the help of instructors) can easily see not only the class their child currently belongs in, but also the class they will most likely be moving to in the future.

Note: This track is a general guideline, not an absolute pathway. Each student's development will be different.



JUNIOR TENNIS LEVELS

Red Ball I | Ages 5-6

This class is for a beginning young tennis player.

Red Ball II | Ages 5-7

This class is a continuation of Red Ball 1 with the coach's recommendation to move up, or the child is 6-7 years old and has played organized sports.

Red Ball III | Ages 6-7

This group has advanced from Red Ball 2 and is ready to play out points across the large net service line to service line.

Orange Ball Intro | Ages 8-10

This class is for students with little to no experience.

Green Ball Intro | Ages 10-12

This class is for students with little to no experience.

Yellow Ball Intro | Ages 12-13

This class is for students with little to no experience.

Teen Intro | Ages 14-16

This class is for teenagers with little to no experience.

Orange Ball I | Ages 8-10

This class uses the blue 60 ft USTA recommended lines. This level player should have some experience in tennis or in another organized sport that also works on tracking skills. This class works on stroke production and trying to receive balls from other players so they can eventually rally.

Orange Ball II | Ages 8-10

This class can consistently hit groundstrokes on the move. They can rally and are working on playing out full point with self feeds and by serving. Serving may not be consistent yet.

Green Ball | Ages 9-11

This class is playing on the full court with the USTA recommended Green Dot ball which is 25% reduced bounce. This class has experience and is working on getting more consistent at base fundamentals. The continental grip is being used on the serve technique and working on being able to use topspin on the ground strokes. Volleys are being used as doubles play is more involved.

Yellow Ball | Ages 11-14

This class should have experience and is hitting topspin consistently while being fed balls. During rallies, the topspin becomes a little less consistent. Proper grips should be used on all shots.

Competition I | Ages 12-14

This class should be able to play with topspin and working towards having a consistent flat and spin serve. This player should have the ability to play a match but may not have the experience doing so.

Competition II | Ages 13-16

This class can play with topspin and is working on using some slice during point play. Flat and spin serves with the proper grips should be consistent. This player is ready for high school tennis

Competition III | Ages 13-17

This class is for a high school JV level player or Varsity level player depending the school.

Girls High School 1 | Ages 13-17

This class should have experience and is either going out for high school tennis or has already played a season on a freshman or lower JV position.

Girls High School 2 | Ages 13-17

This class is ready to play JV or Varsity for high school tennis depending on the strength of the team.

For more information contact

Starter | Intermediate | Advanced | Mano Kehoss at mkehoss@thewac.com

High Performance Teams | Tim Hartwick at thartwick@thewac.com



STARTER WINTER TENNIS

JANUARY 2, 2025 - MARCH 21, 2025

If your child needs a tennis racquet, we will provide and size them to the proper racquet to borrow.
We do have 21 and 23 inch racquets available for \$15, these are size appropriate for ages 4-7.

Junior Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with zero registrants will be canceled after the first week of the session. Updated class lists will be available online.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.
- **Waitlist Procedure** - Any open spots to be filled by a waitlist participant will be contacted up until the end of the first week of class.

REGISTRATION BEGINS

WAC Advantage Members • Monday, December 9 at 12pm
WAC Fitness Members and Non-Members • Monday, December 16 at 12pm
 Register at the Front Desk, online or via the WAC Tennis app.
 Any questions on Starter Classes can be directed to Mano Kehoss, mkehoss@thewac.com.

RED BALL I | Ages 5-7 (50-minute class)

Class Options:

Tuesday • 4:05pm Jeff Saturday • 9:05am Jeff
 Wednesday • 5:00pm Alex

RED BALL II | Ages 5-7 (50-minute class)

Class Options:

Tuesday • 4:05pm Conner Saturday • 9:05am Kevin M
 Wednesday • 5:00pm Jeff

RED BALL III | Ages 6-8 (50-minute class)

Class Options:

Wednesday • 4:05pm Jeff Saturday • 10:00am Kevin M
 Friday • 4:05pm Kevin L

ORANGE BALL INTRO | Ages 8-10 (60-minute class)

Class Options:

Tuesday • 5:00pm Conner Friday • 5:00pm Kevin L

ORANGE BALL I | Ages 8-10 (60-minute class)

Class Options:

Wednesday • 6:00pm Jeff Saturday • 11:30am Jeff
 Thursday • 5:00pm Jeff Sunday • 10:30am Jake

GREEN BALL INTRO | Ages 10-12 (60-minute class)

Class Options:

Tuesday • 6:00pm Jeff Sunday • 11:30am Jake

YELLOW BALL INTRO | Ages 12-14 (60-minute class)

Class Options:

Tuesday • 5:00pm Jeff Saturday • 1:00pm Jeff

TEEN INTRO | Ages 14-16 (60-minute class)

Class Options:

Tuesday • 7:00pm Jeff

Red Ball I, II, III (Early Registration Pricing)		
	WAC Advantage Member	WAC Fitness Member/ Non-Member
Tue Wed Sat	\$220.00	\$220.00
Fri	\$240.00	\$240.00
Late Registration Pricing (after 12/27/24)		
Tue Wed Sat	\$247.50	\$247.50
Fri	\$270.00	\$270.00

Orange Ball Intro (Early Registration Pricing)		
	WAC Advantage Member	WAC Fitness Member/ Non-Member
Tue	\$264.00	\$264.00
Fri	\$288.00	\$288.00
Late Registration Pricing (after 12/27/24)		
Tue	\$291.50	\$291.50
Fri	\$318.00	\$318.00

Orange Ball I, Green, Ball Intro, Yellow Ball Intro, Teen Intro (Early Registration Pricing)		
	WAC Advantage Member	WAC Fitness Member/ Non-Member
Tue Wed Sat Sun	\$264.00	\$330.00
Thu	\$288.00	\$360.00
Late Registration Pricing (after 12/27/24)		
Tue Wed Sat Sun	\$291.50	\$357.50
Thu	\$318.00	\$390.00

REGISTRATION BEGINS

WAC Advantage Members • Monday, December 9 at 12pm
WAC Fitness Members and Non-Members • Monday, December 16 at 12pm
 Register at the Front Desk, online or via the WAC Tennis app.
 Any questions on Starter Classes can be directed to Mano Kehoss, mkehoss@thewac.com.



Intermediate classes are available only to WAC Advantage Members

INTERMEDIATE WINTER TENNIS

JANUARY 2, 2025 - MARCH 21, 2025

ORANGE BALL II | *Ages 8-10 (60-minute class)*

Class Options:

Monday • 4:00pm Kevin L Saturday • 9:00am Mano

Thursday • 4:00pm Kevin L

GREEN BALL | *Ages 9-11 (60-minute class)*

Class Options:

Thursday • 6:00pm Kevin L Sunday • 10:00am Kevin M

Saturday • 1:00pm Derek

YELLOW BALL | *Ages 10-14 (60-minute class)*

Class Options:

Monday • 6:00pm Mano Saturday • 2:00pm Derek

Thursday • 5:00pm Chris Sunday • 11:00am Alex

Orange Ball II, Green Ball, and Yellow Ball (Early Registration Pricing)	
	WAC Advantage Member
Mon Sat Sun	\$264.00
Thu	\$288.00
Late Registration Pricing (after 12/27/24)	
Mon Sat Sun	\$291.50
Thu	\$318.00

Junior Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with zero registrants will be canceled after the first week of the session. Updated class lists will be available online.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.
- **Waitlist Procedure** - Any open spots to be filled by a waitlist participant will be contacted up until the end of the first week of class.

Intermediate classes are available only to WAC Advantage Members

Registration begins Monday, December 9 at 12pm

Register at the Front Desk, online or via the WAC Tennis app.

Any questions on Intermediate Classes can be directed to Mano Kehoss, mkehoss@thewac.com.



Advanced classes are available only to WAC Advantage Members

ADVANCED WINTER TENNIS

JANUARY 2, 2025 - MARCH 21, 2025

COMPETITION I | Ages 12-14 (90-minute class)

Class Options:

Tuesday • 4:00pm Chris Sunday • 12:30pm Kevin M

COMPETITION II | Ages 12-16 (90-minute class)

Class Options:

Wednesday • 5:00pm Mano Sunday • 12:30pm Alex

COMPETITION III | Ages 12-16 (90-minute class)

Class Options:

Monday • 6:00pm Conner Sunday • 2:00pm Jake

Saturday • 1:00pm Mano

GIRLS HIGH SCHOOL 1 *Previously JV*

(90-minute class)

Class Options:

Tuesday • 5:00pm Jack

Friday • 3:30pm Derek

Saturday • 8:30am Derek

Saturday • 11:30am Derek/Conner

GIRLS HIGH SCHOOL 2 *Previously V*

(90-minute class)

Class Options:

Thursday • 3:30pm Mano/Chris

Saturday • 11:30am Mano

Competition I, II, III, & High School Groups (Early Registration Pricing)	
	WAC Advantage Member
Mon Tue Wed Sat Sun	\$396.00
Thu Fri	\$432.00
Late Registration Pricing (after 12/27/24)	
Mon Tue Wed Sat Sun	\$423.50
Thu Fri	\$462.00

Junior Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with zero registrants will be canceled after the first week of the session. Updated class lists will be available online.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.
- **Waitlist Procedure** - Any open spots to be filled by a waitlist participant will be contacted up until the end of the first week of class.

Advanced classes are available only to WAC Advantage Members

Registration begins Monday, December 9 at 12pm

Register at the Front Desk, online or via the WAC Tennis app.

Any questions on Advanced Classes can be directed to Mano Kehoss, mkehoss@thewac.com.



HIGH PERFORMANCE PROGRESSION WINTER CLASSES

JANUARY 2, 2025 - MARCH 21, 2025

The High Performance Progression program is designed specifically for junior tennis players in the Youth Progression pathway (Orange, Green, and Yellow Ball) who have the skills necessary to begin training for competitive play.

HIGH PERFORMANCE ORANGE BALL

Class Options: *(60-minute class)*

Wednesday • 4:00pm Mano/Conner

Sunday • 11:30am Jack/Kevin L

High Performance Orange Ball	
	WAC Advantage Member
Wed Sun	\$264.00

HIGH PERFORMANCE GREEN BALL

Class Options: *(90-minute class)*

Monday • 4:30pm Mano/Conner

Sunday • 1:30pm Jack/Kevin L

High Performance Green Ball	
	WAC Advantage Member
Mon Sun	\$396.00

HIGH PERFORMANCE YELLOW BALL

Class Options: *(90-minutes on court plus 30-minute fitness class)*

Monday • 4:00pm Alex/Jake

Sunday • 3:00pm Jack

High Performance Yellow Ball	
	WAC Advantage Member
Mon Sun	\$506.00

HP Progression Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with 2 or fewer registrants will be canceled after the first week of the session.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.
- **Waitlist Procedure** - Any open spots to be filled by a waitlist participant will be contacted up until the end of the first week of class.

**Must be a WAC Advantage Member and Pro-Approved
Registration begins Monday, December 9 at 12pm**

Email jwatermolen@thewac.com to register for all High Performance Progression classes.

Any questions on High Performance Progression classes can be directed to Jack Watermolen, jwatermolen@thewac.com.



HIGH PERFORMANCE ACADEMY WINTER

JANUARY 2, 2025 - MARCH 21, 2025

HIGH PERFORMANCE ACADEMY #1

Class Options: (90-minutes on court plus 30-minute fitness class)

Tuesday • 4:30pm Tim/Mano/Jake

Saturday • 9:30am Mano/Jeff/Conner

Wednesday • 3:30pm Kevin L/Jake/Chris

Sunday • 4:00pm Alex/Ryan/Kevin M

HIGH PERFORMANCE ACADEMY #2

Class Options: (90-minutes on court plus 30-minute fitness class)

Tuesday • 6:00pm Jake/Kevin L/Scott B

Sunday • 4:00pm Tim/Jack/Jake

HIGH PERFORMANCE ACADEMY #3

Class Options: (90-minutes on court plus 30-minute fitness class)

Wednesday • 6:30pm Tim/Jake/Jack/Chris

Academy #1, #2 & #3,	
	WAC Advantage Member
Tue Wed Sat Sun	\$506.00

HP Doubles - Top 8 UTR applicants over a 5.5 UTR

Next Gen Doubles - Top 8 UTR applicants under a 6.0 UTR

HIGH PERFORMANCE DOUBLES

Class Options: (90-minutes on court)

Thursday • 6:30pm Tim/Jack

NEXT GEN HIGH PERFORMANCE DOUBLES

Class Options: (90-minutes on court)

Friday • 4:00pm Ryan/Cole

HP Doubles and HP Next Gen	
	WAC Advantage Member
Thu Fri	\$432.00

HP Academy Program Policies:

- Juniors may join the session classes after the start date, but may not be refunded for leaving the session prior to completion.
- All classes with 2 or fewer registrants will be canceled after the first week of the session.
- In order to properly staff our programs, we will not issue refunds or make-ups for missed classes.
- **Waitlist Procedure** - Any open spots to be filled by a waitlist participant will be contacted up until the end of the first week of class.

Challenge Ladder - \$200/annual fee for September 2024 - August 2025 (No refunds/no pro-rating)

September - May | Matches played Sundays at 6pm or 7:30pm

June - August | Matches played Fridays at 12pm – 3pm

- Opportunity for High Performance students to play UTR (Universal Tennis Rating) verified matches.
- Players from HP Yellow Ball and up are invited to sign-up and play matches in a best 2 out of 3 set format with the third set being a 10 point tiebreak.
- Match results will all count towards a player's UTR and results can be viewed online at myutr.com or through the UTR app.
- To sign up for Challenge Ladder or need more information, please email Ryan at rsallmann@thewac.com.

**Must be a WAC Advantage Member and Pro-Approved
Registration begins Monday, December 9 at 12pm**

Email thartwick@thewac.com to register for all High Performance Classes.

Any questions on High Performance Academy classes can be directed to Tim Hartwick, thartwick@thewac.com.

WINTER SESSION 2025



For more information contact:

Starter | Intermediate | Advanced
Mano Kehoss at mkehoss@thewac.com

High Performance Teams
Tim Hartwick at thartwick@thewac.com

WWW.THEWAC.COM

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