
Junior Program Overview

Four Seasons Junior Instructional Programs

Our goal at Four Seasons is to introduce children to tennis, encourage them to develop their potential while instilling in them a passion for the sport that will last a lifetime. To achieve this goal, we offer four programs for juniors: Below is a brief description of each.

Little Shots Tennis: Our Little Shots classes are designed to introduce children ages 3-4 to tennis in a healthy and enjoyable manner. Conducted by certified professionals that are specifically trained to work with youngsters, we use special equipment and teaching aids that allow kids to be successful while making learning fun.

Future Stars Clinics: Ideal for juniors ages 5-17, our Future Stars Clinics introduce and reinforce the fundamentals of tennis. The ultimate goal here is to get students rallying and playing while developing their interest in the sport.

Champions Training: Our Champions Training program is for juniors that are taking their tennis more seriously and would like to compete in tournaments or Junior Team Tennis matches. This program is more intensive (weekly 2-hour instruction class); we also provide players with several other (complimentary) opportunities to play during the week.

Varsity Training: For the high school age player, our Varsity Training program is designed to help participants prepare for school team tryouts as well as improve their position on the team. The program also comes with several complimentary activities each week.

USTA 10 & Under Tennis

Four Seasons fully supports the USTA's 10 and Under Tennis approach to learning, and have incorporated it into our junior programs. Below are the brief explanations of the balls used in our programs.

Foam: Ideal for children ages 3-5. These balls are slower and lighter and are perfect for 36' courts.

Orange: For ages 6-10. This low compression ball is the same size as a yellow ball but is lighter, travels slower through the air and bounces lower.

Green: For ages 10-12. As children become accomplished with their strokes and tactics, they can move to the full sized court and use the green ball. This ball is slightly lighter and slower than a yellow ball, giving children more time to get to and return shots.

