

Match Competition Training Days

These sessions are for Intermediate and Advanced players who play with a green or yellow ball. They are designed to prepare players with the tactical and mental skills needed for singles and double match competition. Training sessions will be posted each month and sign-up will be in advance.

Fee \$60 per player per session.

10-and-Under Play Days

For Red, Orange, and Green Ball players, the Play Days are comprised of drills, games, and match play. Sessions will be posted each month and sign-up will be in advance.

Fee \$60 per player per session.

All rates valid through June 30, 2025.

Schedule of Play

	Fall 2024 16 Weeks	Winter-Spring 2025 16 Weeks
Sunday	9/22-1/19 (not 12/1, 12/29)	1/26-6/1 (not 2/16, 4/20, 5/25)
Monday	9/16-1/13 (not 12/23, 12/30)	1/27-6/2 (not 2/17, 4/14, 5/26)
Tuesday	9/17-1/14 (not 12/24, 12/31)	1/28-5/27 (not 2/18, 4/15)
Wednesday	9/18-1/22 (not 11/27, 12/25, 1/1)	1/29-5/28 (not 2/19, 4/16)
Thursday	9/19-1/23 (not 11/28, 12/26, 1/2)	1/30-5/29 (not 2/20, 4/17)
Friday	9/20-1/24 (not 11/29, 12/27, 1/3)	1/31-5/30 (not 2/21, 4/18)
Saturday	9/21-1/18 (not 11/30, 12/28)	1/25-5/31 (not 2/15, 4/19, 5/24)

Make-ups

Make-ups must be completed on or prior to the make-up dates for each session. Please schedule with your child's coach.

Make-up Days for the Fall Session Monday, 1/20; Tuesday, 1/21.

Make-up Days for the Winter/Spring Session Tuesday, 6/3; Wednesday, 6/4.



Tennis Fall 2024-Winter/Spring 2025

Junior Academy – Blue Point

Eastern Athletic Club's Junior Academy offers a wide range of exciting programs for the beginner to the advanced player. Our experienced staff of dedicated tennis professionals are ready to help your child learn and enjoy the sport for a lifetime.



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EASTERNATHLETICCLUBS.COM



Guidelines For All Programs

Membership	No membership is required for program enrollment. Membership is required if a student also wants to use the Fitness Center.
Fees	A deposit of 50% must be made upon registration. Fees are due in full 4 weeks after the start date of the session. It is also understood that enrollment in any of our programs is for the full session and no refunds will be given for withdrawals after the session begins.
Make-ups	There will be no make-ups allowed during the session; make-up classes will be offered towards the end of each session. For Private Lessons, 1 make-up is allowed for the 16-week session.
Pros	We reserve the right to substitute pros.
Registration Contact	Gary Gaudio: tel. 631 363-6063; eacjrtennis@gmail.com Registration can be done by phone or email.

Fall 2024 and Winter 2025 16-Week Programs

10-and-Under Tennis Ages 5–10

This program uses low-compression red and orange tennis balls, smaller racquets, and shorter courts to help players develop tennis skills, learn the game, rally and play.

Level	Schedule (16 weeks)	Fee
Red Ball (Ages 5-8)	Tuesday, 4.30-5.30pm	\$ 645
	Thursday, 4.30-5.30pm	\$ 645
	Friday, 5-6pm	\$ 645
	Saturday, 11am-12noon	\$ 645
Orange Ball (Ages 8-10)	Tuesday, 5.30-6.30pm	\$ 695
	Friday, 5-6pm	\$ 695
	Saturday, 1-2pm	\$ 695

Green Ball Ages 11–13

The Green Ball program is for those students who have completed Orange Ball level or who are at an Intermediate level. The green ball is a low-compression tennis ball; this class is the final level before the Player Development program.

Level	Schedule (16 weeks)	Fee
Green Ball (Ages 11-13)	Monday, 5-6pm	\$ 695
	Tuesday, 6.30-7.30pm	\$ 695
	Saturday, 2-3pm	\$ 695

Future Stars Ages 8–11

This class is for Advanced Green Ball players ages 11 and under, and is designed to challenge them, to develop their skills, and to prepare them to compete in matches. Training will focus on developing the fundamental athletic, technical, and mental skills to be a competitive tennis player.

Level	Schedule (16 weeks)	Fee
Advanced Green Ball	Friday, 4.30-6pm	\$ 995 by invitation only

Rising Stars Ages 7–9

For players who have completed the Red Ball level or one year of Orange Ball, and are at an Intermediate or Advanced level. Players will be instructed on developing the athletic and game skills necessary to rally, play, and compete. This class will give young participants a solid foundation for becoming strong tennis players.

Level	Schedule (16 weeks)	Fee
Intermediate-Advanced Orange Ball	Thursday, 4.30-6pm	\$ 995 by invitation only

Semi-Private Lessons

With only 2 students per court, these lessons offer individual attention of a Staff Pro with the benefit of peer support. Students form their own group and register together. The fee is per student.

	16 Lessons	Single Lesson
½-hour	\$ 645	\$ 50
1-hour	\$1195	\$ 80

Private Lessons

These lessons are a great way to improve a player's game with the individual attention of a Staff Pro. Each lesson is focused on the specific needs of each student, including skill development, strategy, and mental skills.

	16 Lessons	Single Lesson
½-hour	\$1195	\$ 80
1-hour	\$2250	\$ 145

Junior League

The Junior League is supervised match play for boys and girls in Orange, Green, and Intermediate-Advanced programs. The League is excellent for players who want to further develop their game with competitive match play. Players will face a different opponent each week and standings will be posted based on the results. Players must be enrolled in another program or Lessons in order to participate.

Level	Schedule	Fee (12 Weeks)
Orange, Green, and Intermediate-Advanced	Fall Sunday, 1-7pm 10/20-1/26 (not 12/1, 12/29, 1/19)	\$ 295
	Winter-Spring Sunday, 1-7pm 2/9-5/18 (not 2/16, 4/20, 5/11)	\$ 295

Player Development

Four exciting programs for Advanced Beginners to Tournament Players. Each class includes the use of interactive courts featuring live-ball hitting, game-based drills, and point play. Proper court positioning, footwork, shot selection, strategy, and progressions will be taught. Fitness training segments will be used to build stamina and endurance. Students will learn how to compete and challenged to excel.

Level	Schedule (16 Weeks)	Fee
High Performance (ages 12+)	Tuesday, 5.30-7.30pm	\$1295 by invitation only
	Thursday, 5.30-7.30pm	\$1295 by invitation only
Elite (ages 9-12) (ages 10-14)	Wednesday, 5-7pm	\$1295 by invitation only
	Friday, 6-8pm	\$1295 by invitation only
Varsity Excel (ages 13+)	Monday, 7.30-9pm	\$ 995
Challenge (ages 11-16)	Tuesday, 7.30-9pm	\$ 995
	Thursday, 6-7.30pm	\$ 995

Tennis Fitness Training

These fitness segments include tennis specific exercises to improve speed, agility, and strength. Training also includes resistance band exercises and dynamic stretching warm-up to prepare players physically to train at an optimal level. This program is for players enrolled in the High Performance classes and Elite class on Fridays.

Level	Schedule	Fee
High Performance, Elite	Tuesday, 5-5.30pm	\$ 100
	Thursday, 5-5.30pm	\$ 100
	Friday, 5.30-6pm	\$ 100

All rates valid through June 30, 2025.

