

Match Competition Training Sessions

These sessions are for Intermediate and Advanced players who are looking to improve their ability to build points and compete in matches. These sessions are designed to prepare players with the tactical and mental skills necessary 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, 2027.

Schedule of Play

	Fall 2026 16 Weeks	Winter/Spring 2027 16 Weeks
Sunday	9/13-1/10 (not 11/29, 12/27)	1/17-5/23 (not 2/14, 3/28, 4/18)
Monday	9/14-1/11 (not 10/12, 12/28)	1/25-5/24 (not 2/15, 4/19)
Tuesday	9/15-1/12 (not 12/22, 12/29)	1/26-5/25 (not 2/16, 4/20)
Wednesday	9/16-1/20 (not 11/25, 12/23, 12/30)	1/27-5/26 (not 2/17, 4/21)
Thursday	9/17-1/21 (not 11/26, 12/24, 12/31)	1/28-5/27 (not 2/18, 4/22)
Friday	9/18-1/22 (not 11/27, 12/25, 1/1)	1/29-6/4 (not 2/19, 3/26, 4/23)
Saturday	9/12-1/16 (not 11/28, 12/26, 1/2)	1/23-6/5 (not 2/13, 3/27, 4/17, 5/29)

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, 1/18; Tuesday, 1/19.

Make-up Days for the Winter/Spring Session Wednesday, 6/2; Thursday, 6/3.



Tennis Fall 2026-Winter/Spring 2027

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.



EASTERN ATHLETIC

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DIX HILLS 854 EAST JERICHO TURNPIKE 631 271-6616
EASTERNATHLETICCLUBS.COM



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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	Payment is due in full upon registration for players enrolled in one program. For players enrolled in two or more programs a payment plan of three monthly payments is allowed with a credit card kept on file. 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 2026 & Winter/Spring 2027 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, 4.30-5.30pm	\$ 645
	Saturday, 11am-12noon	\$ 645
Orange Ball (Ages 8-10)	Tuesday, 5.30-6.30pm	\$ 795
	Thursday, 4.30-5.30pm	\$ 795
	Saturday, 1-2pm	\$ 795

Green Ball Ages 10-12

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 10-12)	Tuesday, 6.30-7.30pm	\$ 795
	Wednesday, 5-6pm	\$ 795
	Saturday, 2-3pm	\$ 795

Future Stars Ages 8-11

This class is for Advanced Orange and Green Ball players ages 11-and-under, and is designed to build their athletic foundation, develop their tennis skills, and challenge them with competition. Training will focus on the athletic, technical, tactical and mental skills to become a tennis player.

Level	Schedule (16 weeks)	Fee
Advanced Green Ball	Friday, 4.30-6pm	\$1095 by invitation only
Advanced Orange Ball	Wednesday, 4.30-6pm	\$1095 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 (12 Weeks)

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 (12 Weeks)	Fee
Orange, Green, and Intermediate-Advanced	Fall Sunday, 1-7pm 10/18-1/24 (not 11/29, 12/27, 1/17)	\$ 350
	Winter/Spring Sunday, 1-7pm 1/31-5/16 (not 2/14, 3/28, 4/18, 5/9)	\$ 350

Player Development

Five 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
Performance Competition Training (Ages 14+)	Monday, 7-9pm	\$1395 by invitation only
Performance Skills Training (Ages 12+)	Tuesday, 5.30-7.30pm	\$1395 by invitation only
	Thursday, 5.30-7.30pm	\$1395 by invitation only
Performance Skills Development (Ages 11-16)	Friday, 5.30-7pm	\$1095
Varsity Excel (ages 14+)	Tuesday, 7.30-9pm	\$1095
Jr. Varsity/Middle School Excel (Ages 11-14)	Monday, 4.30-6pm	\$1095
	Wednesday, 6-7.30pm	\$1095

All rates valid through June 30, 2027.

