

**Quickstart Tennis is a HIT!**

The Lincolnshire Club will incorporate the Quickstart tennis method this fall for its entire **beginner junior program**.

**Quickstart is the fastest way to master the game of tennis.** Instruction is divided into levels.

Each level uses specific court and racquet sizes to focus on proper stroke production which allows young players to achieve competitive success quickly. Kids gain confidence by seeing immediate progress to make learning the sport **FUN!**

For more information on the **USTA Quickstart program**, visit [www.quickstarttennis.com](http://www.quickstarttennis.com)

**EQUIPMENT:**

Just as kids need a court that suits their size, they also need the right sized equipment! That's why both the racquet and the ball are different from equipment suited for adults or advanced players.

**BALL TYPES:**

A standard tennis ball moves too fast, bounces too high and is too heavy for smaller racquets. Beginners need a ball that is equal to their playing abilities.

**FOAM BALLS** are used for multiple purposes.

Beginners learn form and are able to rally while even the most advanced players will practice strokes using a hand fed foam ball.

**ORANGE BALL** is a low compression ball for 10 & under. The ball will bounce higher and move slightly faster to challenge players.

**YELLOW GREEN DOT BALL** will challenge players to continue with proper form while competing in match play experiences. It is the last ball type before moving to the regular yellow tennis ball.

**TENNIS RACQUETS:**

Racquets are made in 2 inch increments beginning with 19 in length. The longest junior racquet is 25 inches. Young players require a racquet that is proportionate to their height & hand size in order to have racquet control. Our certified Quickstart tennis professionals are able to determine which racquet size is suitable for your child should you need assistance.

**FREQUENCY:**

Our recommendation for Quickstart tennis instruction will be determined by the age and maturity of the child. Two times per week is ideal for children ages 6 & up. *The more you play, the quicker your child will advance.*

*Program prices are listed as member rate/non member rate*

**The Lincolnshire Club**  
 96 Elm Road  
 (847) 913-2000  
[www.thelincolnshireclub.com](http://www.thelincolnshireclub.com)

**QUICKSTART TOTS**

Parents are welcome on-court to assist their child as they become familiar with tennis. Focus is on motor skill progression, eye hand coordination, throwing, catching and running. Recommended age: 4 yrs old



Monday:	1:45-2:30 pm	\$183/\$203
Tuesday:	9:15-10:00 am	\$203/\$225
Tuesday:	1:45-2:30 pm	\$203/\$225
Thursday:	1:45-2:30 pm	\$203/\$225
Saturday:	9:00-9:45 am	\$203/\$225

**QUICKSTART LEVEL 1 & 2**

Players will be expected to pay attention and follow directions without parents on court. Racquet skills, serving, drop hits and rallying become more emphasized. For ages 6 & under



Monday:	4:00-5:00 pm	\$243/270
Tuesday:	4:00-5:00 pm	\$270/300
Wednesday:	4:00-5:00 pm	\$270/300
Thursday:	4:00-5:00 pm	\$270/300
Friday:	4:00-5:00 pm	\$270/300
Saturday:	9:00-10:00 am	\$270/300
Sunday:	12:00-1:00pm	\$270/300

**QUICKSTART LEVEL 3 & 4**

In **Level 3**, players will move from the foam ball to the orange ball, the court will increase to a 60 in court and racquets may be larger depending on the player. Emphasis is on full swing mechanics, rallying & footwork. 8 & under

**Level 4** moves towards the yellow green dot ball. At this level, players should be serving, returning, hitting ground strokes and having the desire to become a more serious tennis player. Opportunity for more advanced programs will be discussed with your tennis pro. Ages 10 & under



Monday:	4:00-5:00 pm	\$243/270
Tuesday:	4:00-5:00 pm	\$270/300
Wednesday:	4:00-5:00 pm	\$270/300
Thursday:	4:00-5:00 pm	\$270/300
Friday:	4:00-5:00 pm	\$270/300
Level 3 Saturday:	9:00-10:00 am	\$270/300
Level 4 Saturday:	10:00-11:00 am	\$270/300
Level 3 Sunday:	12:00-1:00 pm	\$270/300
Level 4 Sunday:	1:00-2:00 pm	\$270/300

Fall Session: August 21-October 31 No class: Sept 4-6

## JUNIOR DEVELOPMENT

An excellent program for those 11-13 years old who are just starting to play tennis. Students will be introduced to volleys serves and ground strokes.

Monday: 4:00 - 5:00 pm	\$243/270
Tuesday: 4:00-5:00 pm	\$270/300
Wednesday: 4:00-5:00 pm	\$270/300
Thursday: 4:00-5:00 pm	\$270/300
Friday: 4:00-5:00 pm	\$270/300
Saturday: 10:00-11:00 am	\$270/300
Sunday: 1:00-2:00 pm	\$270/300



**NEW!**  
The Lincolnshire Club junior program change:  
**ALL LEVELS ALL DAYS!**  
Come as much as you want, any day you want!

## HIGH SCHOOL DEVELOPMENTAL

Exclusive to high school students looking to learn the game of tennis or participate on the JV high school tennis team. Emphasis will be placed on basic skills and patterns of play. Competitive play will be introduced. Membership is required.

Saturday: 1:00-3:00 pm	\$540
Sunday: 2:00-4:00 pm	\$540

## JUNIOR MATCH PREP

For players who have excelled in Junior Development and are ready for a more competitive environment that teaches basic patterns and strategy.

Monday: 5:00 - 7:00 pm	\$486/540
Friday: 5:00-7:00 pm	\$540/600
Saturday: 10:00-12:00 am	\$540/600



## HIGH SCHOOL

This program is designed for players competing in local tournaments or on their high school team. Membership is required.

Tuesday: 7:00-9:00 pm	\$540
Sunday: 2:00-4:00 pm	\$540

## MATCH PREP / ADVANCED MATCH PREP

For players who have advanced beyond the Junior Development program and would like to begin playing competitively. Players will advance to a higher level to a higher level of play in A-MP.

Tuesday: 5:00-7:00 pm	\$540
Thursday: 5:00-7:00 pm	\$540
Friday: 5:00-7:00 pm *	\$540
Saturday: 1:00-3:00 am	\$540
Sunday: 2:00-4:00 pm	\$540

\*Advanced Match Prep only



## LINCOLNSHIRE TENNIS ACADEMY

High performing junior players will work on their match play skills, stroke production and shot making skills in a competitive environment. Participants must hold a CDTA, Midwest and/or National ranking and compete in tournaments throughout the year. See membership information for pricing.

Monday: 5:00 - 7:00 pm & 7:00-9:00 pm
Tuesday: 5:00-7:00 pm
<b>NEW!</b> Wednesday: 5:00-8:00 pm
Thursday: 5:00-7:00 pm & 7:00-9:00 pm
Friday: 5:00-7:00 pm
Sunday: 10:00-12:00 pm