



Tennis Lesson Level Guidelines

Ages are provided as a guideline only. The tennis pros will evaluate each student during the first two classes and contact the parents if a change in level is recommended. It is expected that students will remain at the same level for more than one season in order to master skills.

Listed are some benchmark skills that should be mastered before graduating to the next level.

Pee Wee (4-6 years old) - An intro to tennis, balls, parts of the court, and racket handling skills. Focus is on fun, fitness, hand-eye and foot-eye coordination skills.

Level 1 (6-8 years old) - Beginners or second year of lessons. Introductions to basic strokes and movement. Learn boundaries, etiquette, and begin developing ability to rally.

Level 2 (8-10 years old) - One to three seasons of previous lessons. Focus is on consistency, placement of shots, and directional change. Children entering level 2 should be able to rally 3 times over the net with a partner (one bounce), hit 7 of 10 forehand strokes over the net from the service line, 5 of 10 backhand strokes over from the service line, 5 of 10 serves in the correct box from the service line, and 5 of 10 volleys over the net.

Level 3 - Focus on refining fundamentals and introduction of spins, shot selection, and strategy. Students entering level 3 should be able to rally 6 times over the net with a partner, hit 7 of 10 forehand strokes over the net from the baseline (back court), 6 of 10 backhands over the net from the baseline, hit 5 of 10 serves in the correct box on each side, and hit 7 of 10 volleys into the opposite service box.

Level 4 - Focus on mastery of fundamentals, advanced footwork, weapon development, and shot selection strategy. Players entering level 4 should be able to rally at least 10 times over the net with a partner including at least 3 backhands, 7 of 10 serves in the correct box, and volley 10 of 15 balls beyond the service line.