

# Clinic Fees

Includes club membership  
while in program

## 1- Hour Clinic (2x per week)

8 Clinics	\$280
4 Clinics	\$150
1 Clinic	\$40

## 1 1/2 Hour Clinic (2x per week)

8 Clinics	\$360
4 Clinics	\$190
1 Clinic	\$50

## 2-Hour Clinic (2x per week)

8 Clinics	\$440
4 Clinics	\$230
1 Clinic	\$60

Download our Mobile App!

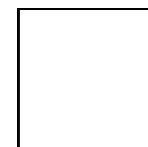
Register on our App or the  
Member Portal

[www.midcapeathletic.com](http://www.midcapeathletic.com)



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# Junior Tennis Program Winter 2026



## Baseliners

(ages 4-7)

- Rules, Etiquette & Court
- Familiarity
- Hitting Skills; Volley & Mini-Tennis Rallying
- Bounce & Overhand Serves
- Fun Drills and Games
- Red balls

Wednesdays 4:00-5:00pm

Saturdays 10:00-11:00am

1 hour

8 clinics \$280

4 clinics \$150

1 clinic \$40

## Junior Elite

(ages 10-12)

- Volley & Rally Ability (10 times over net)
- Ability to Serve, Play a Set or Match
- Technique (overheads, lobs & angles)
- Consistency & Shot Placement
- Basic Singles and Doubles Strategy
- Drills, Match Play, and Games
- Green dot balls

Mondays & Wednesdays

4:30-6:00pm

1.5 hours

8 clinics \$360

4 clinics \$190

1 clinic \$50



## Crushers (ages 7-11)

- Serve from Baseline with some success
- Volley & Rally Ability (3-8 times over net)
- Drills, Match Play and Games
- Orange balls

Wednesdays 5:00-6:00pm

Saturdays 11:00-12:00am

1 hour

8 clinics \$280

4 clinics \$150

1 clinic \$40

## High Performance (ages 13-17)

**\*Starting Mid-October\***

- Increased consistency/placement and shot variety
- Knowledge of Basic Strategies
- Consistency in shot variety
- More advanced strategy
- Introduction of power
- Drills, match play and games

Tuesdays & Thursdays

4:00-6:00pm

2 hours

8 clinics \$440

4 clinics \$230

1 clinic \$60

**Brand new to tennis?  
Take a private lesson  
first, so our pros can  
determine which clinic  
is the best fit!**



**We make it easy! Our tennis program  
is color-coded as follows:**



**Green: Beginner  
Blue: Intermediate  
Yellow: Advanced**

**\*Not sure which group to  
sign up for? Reach out to our pros so you  
can get placed in the right group.**