

Clinic Fees

Includes club membership
while in program

1- Hour Clinic (2x per week)

8 Clinics	\$200
4 Clinics	\$110
1 Clinic	\$30

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

8 Clinics	\$300
4 Clinics	\$160
1 Clinic	\$45

2-Hour Clinic (2x per week)

8 Clinics	\$400
4 Clinics	\$210
1 Clinic	\$55

Download our Mobile App!
Register on our App or the
Member Portal
www.midcapeathletic.com



193 Whites Path
South Yarmouth, MA 02664
Phone: 508.394.3511
www.midcapeathletic.com

Junior Tennis Program Fall/Winter 2025



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 \$200

4 clinics \$110

1 clinic \$30

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 \$300

4 clinics \$160

1 clinic \$45



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



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 \$200

4 clinics \$110

1 clinic \$30

High Performance

(ages 13-17)

- 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

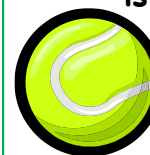
2 hours

8 clinics \$400

4 clinics \$210

1 clinic \$55

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.