

**SUMMER
2025**



**HIGHLAND MEADOWS
RACQUET CLUB**

| CLASSES | TUES. | WED. | THURS. | FRI. |
|---|---------------|---------------|---------------|--------------|
| Red Aces (8 & under) | 10:00 - 11:00 | 10:00 - 11:00 | 10:00 - 11:00 | — |
| Orange Hotshots (ages 7-12) | 8:30 - 10:00 | 8:30 - 10:00 | 8:30 - 10:00 | — |
| Green Smashers (Intermediate) | 10:00 - 11:30 | 10:00 - 11:30 | 10:00 - 11:30 | — |
| HMRC Academy III | 3:30 - 5:00 | 3:30 - 5:00 | 3:30 - 5:00 | — |
| HMRC Academy II | 11:30 - 1:00 | 11:30 - 1:00 | 11:30 - 1:00 | 11:30 - 1:00 |
| HMRC Academy I | 1:30 - 3:00 | 1:30 - 3:00 | 1:30 - 3:00 | 1:30 - 3:00 |

All players will be placed in classes according to their ability level.



Red Aces (Quick Start)

(Ages 5-8): This class uses the low compression Red Ball and is played on 36' courts. Emphasis on ABC's (agility, balance, coordination) along with sending and receiving skills such as rolling, tossing (underhand), throwing (overhand) and catching, fundamental skills for the hands and feet for the ABC's. Also develops building blocks for all basic strokes.

Member: Weekly \$51(3x)/Drop-in \$20 ~ Non-Members: Weekly \$63(3x)/Drop-in \$24

Unlimited Classes - Member: \$288- Non-Member: \$356

Orange Hot Shots (Explorers)

(Ages 7-12): This class uses the Orange Ball and is played on 60' courts. Emphasis on learning proper technique for all basic strokes. Will be learning to serve, rally, and play. (Please note the different start time on Wednesdays)

Member: Weekly \$64.50(3x)/Drop-in \$26 ~ Non-Members: Weekly \$81 (3x)/Drop-in \$30

Unlimited Classes - Member: \$350 - Non Member: \$420

Green Smashers (Challengers)

(Ages 10-14): This class uses the Green Dot and Yellow Ball and uses the full court. Focuses on developing all five ball controls (direction, height, depth, speed, spin) and all phases of movement w/ proper technique. Incorporates strategy and the mental game.

Member: Weekly \$64.50 (3x)/Drop-in \$26 ~ Non-Members: Weekly \$81 (3x)/Drop-in \$30

Unlimited Classes - Member: \$350 - Non-Member: \$420

HMRC Academy III

(Ages 10-15) Beginners or those with little or no Tennis playing experience. Focus on stroke production, Footwork and court movement. Will be learning to serve, rally, and play

Unlimited Classes - Mem. \$350 - N.M. \$420

HMRC Academy II (Jr Development)

For Juniors working on more advanced skills. Focus is on stroke production, net play, tactics, movement, and match play. Tournament play is strongly encouraged. Players learn to develop strengths in their game and how to use them to their advantage (strategies)

Member: Weekly \$86(4x)/Drop-in \$26 ~ Non-Members: Weekly \$108 (4x)/Drop-in \$30

20 Class Punch Card - Member: \$350 ~ Non-Member \$420

Unlimited Classes - Member: \$420 ~ Non-Member \$520

HMRC Academy I (Jr Competitive)

This program is designed for the year-round competitive player. These Juniors are preparing or playing varsity high school tennis. Strokes and technique are enhanced with emphasis on strategy, point construction, and tournament play. They have developed strengths and weapons to be used in their matches and tournaments.

Member: Weekly \$86(4x)/Drop-in \$26 ~ Non-Members: Weekly \$108 (4x)/Drop-in \$30

20 Class Punch Card - Member: \$350- Non-Member \$420

Unlimited Classes - Member: \$420 ~ Non-Member \$520



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|-------------------|-----------------------|
| Week 1 | June 3rd - 6th |
| Week 2 | June 10th-13th |
| Week 3 | June 17th-20th |
| Week 4 | June 24th-27 |
| No Classes | July 1st - 4th |
| Week 5 | July 8th-11th |
| Week 6 | July 15th-18th |
| Week 7 | July 22nd-25th |
| Week 8 | July 29-Aug 1 |
| Week 9 | Aug.5th-8th |

To Register go to: hmrc.club/junior-programs