



RFL YOUTH PROGRAMMING DESCRIPTIONS 2023-2024

At Racquets For Life Simsbury, we offer youth tennis programming for beginning players aged 4+ through high school and elite nationally level tennis players.

If you do not see a day/listing that works for your level, please email to RFLSimsbury@gmail.com with age, level and days that work for you and we will work on forming a class with one of our specialized instructors! Minimum of 3 students to form a class. You may also call 860-651-7900.

Session 1: 7 Weeks: 9/11-10/29

Session 2: 7 Weeks: 11/6-12/22 (no classes Thursday 11/23-Sunday 11/26)

Session 3: 9 Weeks: 1/8-3/10

Session 4: 8 Weeks: 3/18-5/17 (no class spring break 4/8-4/14)

How to sign up:

- 1. Members:** Members or those taking out membership may hold spots immediately by emailing RFLSimsbury@gmail.com. **Members have priority to enroll in classes until September 5th.** Members may still enroll after the 5th for any remaining spots.
- 2. Non-Members:** Non-members are welcome to participate in RFL Simsbury Programming and may sign up first come, first serve on a class request wait list giving members priority until September 5th.
- 3. Advanced Clinic Tryouts:** For youth interested in advanced programming, RFL Simsbury Staff will approve appropriate placement with evaluations held Thursday and Friday, September 7th and 8th, from 4-6pm for 20-minute increments.

Junior Membership Benefits:

- Priority Sign Up for Programming
 - Discounted Programming and Private Lesson Rates
 - 10% Pro Shop Discount (excludes strings and tennis balls)
 - Complimentary Party Room Reservations
 - 3 Day Advanced Court Reservation
 - Special Junior Court Time Pricing of \$30/hour 7-9am, 3-5pm Weekdays, after 2pm Weekends/Holidays.
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RFL YOUTH CLASS LEVEL DESCRIPTIONS:

RFL FUTURES/RFL BEGINNERS:

RFL Futures include Introductory Tennis Skills for ages 4-5. Classes are 30 minutes in length.

RFL Beginners include Introductory Tennis Skills for ages 6 and up. Classes are one hour.

RFL INTERMEDIATE: This player has limited experience with stroke development and is still working on getting the ball into play and/or has learned the basic strokes and is starting to get the ball successfully over the net in a limited capacity.

RFL ADVANCED: This player needs on-court experience and has learned all the basic strokes with an ability to successfully hit over the net. This player can consistently rally at a medium pace, and is ready for basic match play. Emphasis will be on developing basic spin, consistent match play and beginning advanced strategy.

RFL TRAVEL TEAM: In 2023-2024, RFL Simsbury will house a travel team that will play interclub matches against other clubs in the Hartford Area. Players at the Advanced level who are ready for entry level match play and beyond are eligible. Practice/classes are on Thursdays and the match schedule will be posted by the first week of September.

RFL HIGH SCHOOL DEVELOPMENT: This player plays on an entry level high school tennis team, junior varsity or equivalent. The player is unranked, however, can compete in match play at the high school level with emphasis on improving advanced match play.

RFL ELITE: This player has a USTA sectional or national ranking and is minimum 4.5 NTRP ranking or higher. Emphasis on tournament level footwork, agility, mental toughness, strategy and advanced match play.



FALL CLASS OFFERINGS:

SESSION I: 7 Weeks--SEPTEMBER 10TH-OCTOBER 29TH

RFL Futures: \$87.50 Members; \$105.00 Non-Members

Mondays 4:30-5pm, ages 4-5

Tuesdays 4-4:30pm, ages 4-5

RFL Beginner: \$175 Members; \$210 Non-Members

Mondays 4-5pm, ages 6-8

Mondays 5-6pm, ages 9-11

Tuesdays 4:30-5:30pm ages 6-8

Thursdays 4-5pm ages 7-9

RFL Intermediate: \$175 Members; \$210 Non-Members

Mondays 4-5pm, ages 7-9

Mondays 5-6pm, ages 9-11

Tuesdays 5:30-6:30pm, ages 10-12

Thursdays 5-6pm, ages 8-10

RFL Advanced: \$245 Members; \$280 Non-Members

Tuesdays 4-5:30pm ages 10-12

Tuesdays 4-5:30pm ages 12-14

Wednesdays 5-6:30pm ages 11-13

RFL Travel Team Practice: \$245 Members; \$280 Non-Members

Thursdays 4:30-6pm Ages 14 and under

RFL High School Development: \$245 MEMBERS; \$280 Non-Members

Thursdays 5-6:30pm Ages 14-17

RFL HS Developmental Match Play: \$35/time Members, \$40/time Non-Members

Sundays 2-4pm, Ages 14-17

RFL Travel Team Matches: \$35 Match Members, \$40 Match Non-Members—includes Pizza

Matches will be three hours with Calendar and Weekend Times TBD against neighboring clubs.

Ages 14 and under



RFL ELITE PROGRAMMING:

Tuesdays, 8-9:30pm

RFL Elite Hit and Play Adult/Youth: Program is designed for adults and youth USTA ranked tournament players with minimum NTRP of 4.5 rating through to nationally ranked competitors.

Spaces available: 12

Seven Week Session Begins: 9/12-10/25

Member Cost: 245.00

Non-Member Cost: \$280

To reserve regular spot, must pay for 7 week session in advance--up to 8 spots held for guaranteed placement.

Weekly Sign up for remaining 4 spots first come first serve sign up with waiting list:

\$35 member

\$40 non-member

Wednesdays, 4-6:30pm

RFL Elite Youth Training: Program is designed for nationally, sectionally ranked HS level players or equivalent.

Spaces Available: 15

Seven Week Session Begins: 9/13-10/26

Member Cost: \$350*

Non-Member Cost: \$399*

*Cost/Program includes 30 minutes of agility and circuit training

Sundays 4-6pm

RFL Elite Match Play and Strategy: Program will focus on strategy and mental toughness for singles and doubles during match play for Elite Adults and Juniors. This is a match play program with doubles, singles, team singles match play, pressure sets, handicap sets, and super tiebreak practice.

Start Date: Sunday, September 17th

Weekly spaces available: 12

Member Weekly Sign Up Cost: \$35.00

Non-Member Weekly Sign Up Cost: \$40.00