



# Join us this Spring at VITA!

## PROGRAM INFORMATION

Terms Dates:

March 5 - 20, 2018

April 2 - June 24, 2018





# Developmental Tennis Program at VITA



## What Is the Junior Developmental Program?

The VITA Developmental Program introduces the sport of tennis in a fun and interactive way and ensures faster success for young players aged 5 to 10 years old. Using modified tennis balls, rackets, nets and courts, young athletes are properly equipped to enjoy rallies and learn the fundamentals of the game early on. Skills are developed much quicker, allowing for a fluid transition to the full court. At such a young age, tennis is about learning fundamentals, the keys to an active lifestyle, physical literacy, social skills and having fun on the court. VITA's Developmental Program is for all children, regardless of what their goals may be and puts young athletes on the path towards pursuing tennis at the competitive level if they choose that path later in their athletic and personal development.

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

11111 Horseshoe Way • Richmond, BC, V7A 4Y1 • +1 604 272 4400



**VANCOUVER**  
INTERNATIONAL  
TENNIS ACADEMY



## How does it work?

There are three stages of VITA's Developmental Tennis Program that allows young players to start at the level that best suits their age and ability:

### DISCOVER

The first stage is called Discover. Children use a red ball and mini tennis court to discover tennis and their athletic ability. This program is suitable for children 5-8 years old with minimal or no athletic experience.

No assessment is required at this stage.

### CREATE

The second stage is called Create. After discovering the sport and their athletic ability, young players are able to take the next step in their athletic and personal development and begin to create their tennis. Using an orange ball and a three-quarter sized court, this category is suitable for children ages 7 to 9 years old who have successfully discovered tennis with the red ball or who have adequate athletic ability.

### PLAY

The third stage of VITA's Developmental Program is called Play. Children aged 9-10 years of age use a green ball on a full-sized tennis court. Technical and tactical competencies are introduced as players begin to transition to a regular tennis ball and prepare for the possibility of tournaments if they choose to pursue a competitive or high performance pathway.





# Developmental Tennis Program Schedule

**REGISTRATION NOW OPEN!**

## DISCOVER



### 5-8 years old - one/two/three times per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7 PM	3:30 - 4:45 PM	3:30 - 4:15 PM	6:15 - 7 PM	3:30 - 4:45 PM		
7 - 7:45 PM		4:15 - 5 PM	7 - 7:45 PM			

## CREATE



### 7-9 years old - two sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:45 - 6 PM			4:45 - 6 PM		

## PLAY



### 9-10 years old - two sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 - 7:30 PM			6 - 7:30 PM		

**HOW TO REGISTER?**

Visit [vancouvertennisacademy.com](http://vancouvertennisacademy.com) today or visit our front desk to register!

**NOT SURE WHICH LEVEL?**

Talk with a coach today or schedule an assessment: [info@vancouvertennisacademy.com](mailto:info@vancouvertennisacademy.com)