



51 High Street Bristol, CT 06010 | 860-584-6160 | ParksandRecreation@bristolct.gov

Tennis Lessons - Program Benefits

Pee Wee Lessons

By the end of the program, participants will be able to:

- Work on coordination and agility skills such as running, jumping, hopping, & balancing.
- Demonstrate proper forehand grip.
- Demonstrate proper backhand grip.

Little Lessons

By the end of the program, participants will be able to:

- Build on coordination and agility skills.
- Demonstrate proper forehand and backhand grip and stance.
- Demonstrate proper volley technique.

Youth Beginner Lessons

By the end of the program, participants will be able to:

- Demonstrate proper forehand and backhand grip and stance.
- Demonstrate correct technique for a basic serve.
- Understand the basic rules of tennis.

Youth Int./Adv. Lessons

By the end of the program, participants will be able to:

- Return the ball over the net using a forehand or backhand swing.
- Track the ball and position the body and feet to make contact.
- Communicate during partner drills.

Teenage Lessons

By the end of the program, participants will be able to:

- Develop an understanding of strategy and shot selection.
- Understand the basic rules of tennis including scoring.
- Play matches with like-skilled players.

Adult Lessons

By the end of the program, participants will be able to:

- Improve their form and technique.
- Improve footwork skills.
- Understand and keep score in a match.
- Play singles and doubles matches with like-skilled players.