

# Youth and Adult Tennis



*For All the Ways You Play!*

**Holly Springs Parks & Recreation Late Summer 2009  
Youth and Adult Tennis Instruction  
Instructor: Dean Ness**

Coach Dean is a former USPTA Professional, coach, and current high school business teacher.

<b>QuickStart (Ages 5-7)</b> Six week course focusing on skills that are the basis of tennis such as throwing, hitting, balance and coordination. This fun introduction includes plenty of games and drills to work on at home. (\$60 for residents; \$72 for non-residents)	<b>Dates</b> 7/11-8/15	<b>Times</b> <b>Saturday</b> 10:00-10:50	<b>Course Code</b> 6095
<b>Youth Novice (Ages 8-13)</b> Instruction level class, includes instruction on forehand, backhand, ground strokes, serve, serve return, shot combinations and doubles strategy. This class is designed for new players or those who want to improve their skills. (\$60 for residents; \$72 for non-residents)	7/11-8/15	<b>Saturday</b> 11:00-11:50	<b>Course Code</b> 6349
<b>Youth Practice Matches (Ages 7-14)</b> Group drills with practice competition. Players will further develop skills through fun interactive group drills and practice competition. Perfect for the player who has had some instruction but wants to advance to match play. Eight week course (\$80 for residents; \$96 for non-residents) <b>Age and Format</b>	<b>Dates</b>	<b>Times</b>	<b>Course Code</b>
QuickStart (smaller court, low compression balls) Ages 7&8	6/20-8/15	<b>Saturday</b> 10-10:50am	6350
QuickStart (smaller court, low compression balls) Ages 9 &10	6/20-8/15	<b>Saturday</b> 10:50- 11:50am	6350
Ages 10-12 Standard court and balls	6/22-8/10	<b>Monday</b> 7:00-7:50pm	6350
Ages 13-14 Standard court and balls	6/22-8/10	<b>Monday</b> 7:00-7:50pm	6350

Dean Ness Tennis Instructor  
612-5855 [deanness@earthlink.net](mailto:deanness@earthlink.net)

## Adult Tennis Lessons

<b>Level 1 (age 14 &amp; up)</b> - Instruction level class, included instruction on forehand, backhand, ground strokes, serve, serve return, shot combinations and doubles strategy. This class is designed for new players or those who have not played for a while but would like to return to the game. Six week course. (\$60 for residents; \$72 for non-residents)	<b>7/13-8/17</b>	<b>Monday 8:00-9:00pm</b>	<b>Course Code 6112</b>
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## Holly Springs Junior Novice Team Tennis

This program includes a 1-hour team practice and a weekly match. The purpose is to give *novice* tennis players the opportunity to enjoy and learn the game through regular practice and team participation. The team will play other club teams in the Western Wake area. Home matches are played at Holly Springs High School. Players may be divided by skill level. Cost of joining is \$100 per player payable to Holly Springs Parks and Recreation. In addition players will need to purchase a Junior USTA Membership for \$18 at prior to beginning matches and register for the team online.

For more information contact Coach Dean Ness at 612-5855 or <mailto:deanness@earthlink.net> or David Mallard, Recreation Programs Manager, at <mailto:david.mallard@Hollyspringsnc.us> or 557-9602.

Team	Match Times	Practice Time	Dates	Course Code:
QuickStart Ages 8 & under	Friday 4:15-5:00	Saturday 9:00-9:45	6/20-8/29	<b>6251</b>
QuickStart Ages 10 & under	Friday 4:15-5:00	Saturday 9:00-9:45	6/20-8/29	<b>6252</b>
12 & under beginner	Saturday 2:00	Monday 7:00	6/22-8/29	<b>6253</b>
14 & under intermediate	Saturday 1:00	Monday 7:00	6/22-8/29	<b>6254</b>
18 & under intermediate	Saturdays 12pm	Monday 7:00	6/22-8/29	<b>6255</b>