

## Junior Development

**Little Stars/Big Stars (ages 5-8)** – The goal of this class is to get kids excited and motivated about tennis. The skills that will be worked on are hand-eye coordination and basic movement on a tennis court. This class will be using the 36' court with a smaller net in accordance with the ITF 10 and under tennis regulations.

**Tournament Rookies (ages 9-11)** – Conducted on a full court, this is when kids start to be molded and shaped into competitive tennis players. This class will have an emphasis on match play and competition. Players will be working on tactics during drills that simulate match play. At this stage groundstroke techniques are not as much of a focus.

**Tournament Team (ages 12 & up)** – Applying groundstroke techniques and tactics will be the focus of these classes. At this stage, a child has developed into a tennis player and will be taught the proper techniques to correspond with the tactics they are trying to employ. The real direction of this class is to start to get the player ready to compete and play matches.

**Elite (ages 12 & up)** – In order to participate, players will need to request and be given permission. This class is for the players who are looking to take their game to the next level not only on the court, but off it as well. Mental, physical, and aerobic fitness will be the centerpiece of this high-performance junior class.

## Adult Development

**Adult Drills** – Have you ever wanted to just get out and drill? There will be very little instruction with lots of match scenario-focused drills to get plenty of quality time hitting the ball.

**League Play** – Come out and compete with other players in a doubles format round robin. Brand new balls will be provided to each court for two hours of doubles action.

**Cardio Tennis** – Are you sick of working out and need a change? Come and try a cardio tennis class! An hour session of heart-pumping, sweat-pouring, cardio for tennis players of all levels.

**Adult Beginner** – For complete beginners and inexperienced players that are looking to start playing or are just getting into tennis. This class will feature low-compression "quickstart" tennis balls that make learning the game much quicker and more enjoyable.

## Meet Your Tennis Pro Jack Seymour



Director of Tennis at the Grand Hotel

Jack Seymour has been playing tennis for 7 years and has taught tennis for the last 5 years at the Grand Traverse Resort & Spa. Currently Jack works as an assistant tennis professional at the Ferris State Racquet & Fitness Center and is a junior in the Professional Tennis Management program at Ferris State University. Jack recently received the "Most Dedicated" student award 2017-2018. Jack will be conducting private and group lessons on Grand Hotel's four beautiful Har-Tru clay tennis courts overlooking the Straits of Mackinac. Clinics will be held Monday through Friday for all ages and ability levels. Tennis and pickleball rental equipment and select pro shop items are also available.

For questions or information please contact  
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Email at [seymouj2@ferris.edu](mailto:seymouj2@ferris.edu)  
[www.grandhotel.com/activities/tennis](http://www.grandhotel.com/activities/tennis)



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## Grand Hotel Tennis Lessons



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