

RFL YOUTH PROGRAMMING DESCRIPTIONS 2024-2025

At Racquets For Life Simsbury, we offer youth tennis programming for beginning players age 4 and up, through elite nationally ranked junior and collegiate tennis players.

If you do not see a day/listing that works for your level, please email to Erika@rflsimsbury.com with age, level and days that work for you and we will work on forming a class with one of our specialized instructors!

Session 1: 7 Weeks: 9/3-10/20 (Mondays are 6 weeks—no class 9/2 Labor Day)

--Make Up Week: 10/21-27

Session 2: 7 Weeks: 10/28-12/15 (no classes Thursday 11/28-Sunday 12/1)

--Make Up Week: 12/16-22

Session 3: 8 Weeks: 1/6-3/2

--Make Up Week: 3/3-3/9

--High School Tryout Prep Camp: 3/10-3/14

Session 4: 11 Weeks: 3/17-6/8 (No classes 4/14-4/18)

--Make Up Week: 6/9-15

How to sign up:

- 1. Futures-Intermediate Level, and Repeat Advanced Levels from 2023 may sign up beginning Monday, July 22nd!** For Futures-Intermediates, (please see level descriptions below to properly enroll). For those who were in advanced-Elite levels at RFL in 2023-24, or in RFL Academy in 2024 at Westminster, you may sign up directly to reserve your spot for Session I or Session II or both sessions by going to RFLSimsbury.com.
- 2. For Advanced Levels for new players:** You may sign up for 20-minute complimentary assessments by contacting RFLSimsbury at RFLSimsbury@gmail.com for:

--Friday, August 16th, 3-4:30pm

Or contact Erika Moe at Erika@rflsimsbury.com to make other arrangements.

Junior Membership: \$100 for under age 18 in 2024 or Complimentary with paid adult parent membership at RFL

Benefits:

- Priority Sign Up Programming for sessions III and IV as program progresses or as classes become filled.
 - 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 \$32/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 are for Introductory Tennis Skills for ages 4-5. Classes are 30 minutes in length.

RFL Beginners are for 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.

HIGH SCHOOL INTERMEDIATE: This player is a high school age player with limited exposure to tennis, but wants to continue to learn the skills of the lifetime sport of tennis.

BY TRYOUT OR STAFF APPROVAL ONLY

RFL ADVANCED/RFL ADVANCED HIGH SCHOOL: RFL Advanced can consistently rally at a medium pace, and is ready for basic match play. Emphasis will be on developing basic spin, enhanced footwork, consistent match play and beginning advanced strategy.

RFL Advanced High School level 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 II: This advanced player has started to play USTA-Sanctioned Tournaments, typically plays tennis year-round, and aspires or has potential to become an Elite Sectionally or Nationally ranked tennis player.

RFL ELITE I: 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.

RFL USTA JUNIOR TRAVEL TEAM: Racquets For Life will again house a USTA Youth Travel Team to play against other clubs. Schedule to be released by USTA in Fall. Eligible players would be Advanced and Elite II level up to age 14. Contact Tyler@rflsimsbury.com to be placed on the RFL Travel Team Roster!