



2024 White Lake Summer Tennis



Director: Greg McManus (Varsity Tennis Coach)

AM Head Instructors: Lizbeth Bentz (Former 1s Player)

PM Head Instructors: Vanessa Heylmun (Little/Jr Vikes) (Former All State 1s, and College Player)

Ashton Trnka (MS/HS) (Former All State 1s and Current College Player), Mackenzie Hall (Former 2s)

Check out the various levels of instruction below! Please call with any questions!

To sign up, click on this link: <https://forms.gle/aXGo64aKwfPRZS2m7>

*Make checks payable to **Whitehall Tennis**. Payment is due prior to first practice. Drop off or mail payments to: Viking Athletic Center, Attn: Sydney Stine, 541 E. Slocum St, Whitehall, Michigan 49461

**ALL practices will be held at Whitehall High School tennis courts, located at 3100 White Lake Drive. Enroll as soon as possible by phone or email - Greg McManus 231-740-0664 mcmanusg22@gmail.com

Little Vikes (Ages 4-7)

Tuesdays (June 11 – July 16)

Class 1: 10:00 – 10:50am

Class 2: 4:30 – 5:20pm

Thursdays (June 13 – July 18)

Class 3: 10:00 – 10:50am

Class 4: 4:30 – 5:20pm

****No classes week of July 4**

Cost: \$45/class or \$80 for 2 classes – includes t-shirt

This is a great introduction to the game of tennis. Focus is on movement, coordination, and having fun! Play will be based on a 36' court using foam balls and red low compression tennis balls.

Junior Vikes (Ages 8-10)

Tuesdays (June 11 – July 16)

Class 1: 11:00 – 11:50am

Class 2: 5:30 – 6:20pm

Thursdays (June 13 – July 18)

Class 3: 11:00 – 11:50am

Class 4: 5:30 – 6:20pm

****No classes week of July 4**

Cost: \$45/class or \$80 for 2 classes – includes t-shirt

This is a no-pressure, fun-based program which is designed to inspire interest and lay a foundation for the child's future in tennis and other sports. The emphasis is on improving coordination and agility. Play will be using a 60' court and orange low compression balls or green-dot balls. Kids will learn how to rally and play games.

Middle School Drills/Inter-City Team Instruction (Green Ball) (Ages 11-12)

June 11 – July 18 (Tuesday/Thursday) 4:30 – 5:30p

****No classes week of July 4**

Cost: \$85 - Fee includes: Enrollment in Inter-City Team classes, Optional Friday matches and T-Shirt (Schedule TBA)

The focus of this class is on improving stroke development and improving strategical play. Both doubles drills and singles drills strategies will be covered. (Inter-City) Fridays will be played against local West Michigan schools. The idea of this class is to start preparing the player for higher level competition.

Jr High School - High School Drills/Inter-City Team Instruction (Ages 13-18)

June 11 – July 18 (Tuesday/Thursday) 5:30 – 6:30p

****No classes week of July 4th**

Cost: \$85 - Fee includes: Enrollment in Inter-City Team classes, Optional Friday matches and T-Shirt (Schedule TBA)

The focus of this class is on improving stroke development and improving strategical play. Both doubles drills and singles drills strategies will be covered. Fridays will be played against local West Michigan schools.

***Be sure to specify Class, Class #, and Shirt Size when signing up**

Each child should be measured for the racket they intend to use. Utilizing a racket that is the proper length and type is important when learning skills and technique. Tennis Racquets are available to individuals on a temporary basis, we just ask that you notify us in advance.

Missed classes can be made up in the other classes.

Community Drop-Ins

(6:30-8p) June 11 – July 18 (Tuesdays/Thursdays) (6:30-8p) ****No drop-ins week of July 4th**

Drop-ins are open to middle/high school students and adults for doubles play. Doubles sets will be set up and balls will be provided by coach. **No fee!**