



COURTS PLUS TENNIS PROGRAM

Whether your child is just starting the game or is trying to make a local school team, we have lessons designed to take them to the next level.
 Register for the tennis program at CourtsPlus.org

STAR JUNIOR TENNIS AND MXP TENNIS

Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36', 60' and 78' (regular size) tennis court. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives your child a visible progression to maximize their improvement. Each of our lessons are divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase. Then, skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced.

REGISTRATION

SESSION 1: June 7-July 1 (4 weeks)

SESSION 2: July 12-August 5 (4 weeks)

FEE: \$50.00/session/participant

Student to instructor ratio of 10:1. Youth racquets are for sale at Courts Plus for \$20.00.

HOW TO REGISTER:



Level 1: Beginner

Introduction of basic strokes, court positioning, parts of the court and scoring.

Level 2: Intermediate

In this level we will emphasize consistency of the basic strokes.

Level 3: Advanced

This level will begin to learn basic strategy and direction.

OUTDOOR TENNIS COURTS

BENNETT: 1900 58th Ave S • 6 courts

DISCOVERY: 3470 18th St S • 6 courts

ELEPHANT: 100 19th Ave N • 5 courts

ISLAND PARK: 5th Ave S & 7th St • 7 courts

KENNEDY: 4501 42nd St S • 6 courts

OAK GROVE: 170 Maple St N • 2 courts

SOUTH HIGH: 15th Ave & 20th St S • 5 courts

PARK LOCATION:		Elephant		Discovery	
GRADE K-2	MON & WED	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9:00-10:00 am	EP1	E02	D1	D02
Beginner	10:00-11:00 am	---	---	D2	D22
Beginner	11:00 am-12:00 pm	---	---	D3	D32
Intermediate	9:00-10:00 am	---	---	D4	D42
Intermediate	10:00-11:00 am	E5	E52	D5	D52
Intermediate	11:00 am-12:00 pm	---	---	D6	D62
Advanced	11:00 am-12:00 pm	E8	E82	D8	D82
GRADE 3-5	TUE & THUR	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9:00-10:00 am	E9	E92	D9	D92
Beginner	10:00-11:00 am	---	---	D10	D102
Beginner	11:00 am-12:00 pm	---	---	D11	D122
Intermediate	9:00-10:00 am	---	---	D12	D132
Intermediate	10:00-11:00 am	E13	E212	D13	D212
Advanced	11:00 am-12:00 pm	E14	E142	D14	D142
GRADE 6-8	TUE & THUR	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9:00-10:00 am	E15	E152	D15	D152
Intermediate	10:00-11:00 am	E16	E162	D16	D162
Advanced	11:00 am-12:00 pm	E17	E172	D17	D172

*Lessons may be held on Fridays in case of weather cancellations during the week.



MXP COMPETITIVE

This level is for high school and/or USTA Tournament players. These players are expected to play in all local USTA Tournaments. Focus on competitive play strategies, footwork and mental toughness. Four 1 hour practices per week offered. Register for 1 session only; players are divided by ability in each session.

Please use the MXP registration form at CourtPlus.org.

LOCATIONS: Island Park, 5th Ave S & 7th St
Courts Plus, 3491 University Dr S

DATES: June 7-August 5 (No lessons July 5-8)

SESSION: Monday-Thursday 10:00-11:00 am (Island Park)
Monday-Thursday 11:00 am-12:00 pm (Island Park)
Monday-Thursday 3:00-4:00 pm (Courts Plus)
Monday-Thursday 4:00-5:00 pm (Courts Plus)

FEE: \$320.00

MXP DEVELOPMENTAL

For players grades 5 and up or the proper skill level. Must be willing to begin tournament play UTSA level 7. Focus on stroke development as it pertains to point play. Lessons include four 1 hour practices per week.

Please use the MXP registration form at CourtPlus.org.

LOCATION: Island Park, 5th Ave S & 7th St

DATES: June 7-August 5 (No lessons July 5-8)

SESSION: Monday-Thursday 9:00-10:00 am (Island Park)

FEE: \$320.00

TEAM TENNIS

USTA Jr. Team Tennis is the largest junior recreational tennis league in the country. Called the 'little league' for tennis, USTA Jr. Team Tennis is a team match format program with an emphasis on skill development, fun, teamwork and friendly competition. Teams are formed once the program begins. Age groups are 10s, 12s, 14s Advanced and Intermediate and 18s Advanced and Intermediate. Participants must be current USTA members.

For MXP participants email osummers@courtsplus.org and provide your USTA number to register.

LOCATION: Courts Plus, 3491 University Dr S **FEE:** \$80.00 (Free for MXP Participants, not MXP Flexible)
DATE: one session only June 7-July 30 (No lessons June 30-July 2)

AGE GROUP:	DAYS:	TIME:	LOCATION:
JTT 10s and 12s	Tuesdays	5:30-7:00 pm	Courts Plus
JTT 18s	Wednesdays	6:00-7:30 pm	Courts Plus
JTT 14s	Thursdays	6:00-7:30 pm	Courts Plus

ADULT TENNIS LEAGUES

Do you want to learn tennis or just get back into the game? Sign up for Tennis Lessons. The Fargo Park District offers four different outdoor tennis leagues. These leagues are not for beginners (USTA levels 2.5 and up).

LOCATION: Island Park, 5th Ave S & 7th St

DATE: June 7-August 5 **TIME:** 6:00-7:30 pm

FEE: \$30.00/participant

MONDAY: Men's Match Play 2.5-4.5 at Island Park, singles and doubles.

TUESDAY: Ladies Intermediate 2.5/3.0 and Advanced 3.5/4.0 at Discovery, singles and doubles.

ADULT TENNIS LESSONS

LOCATION: Courts Plus, 3491 University Dr S

FEE: \$50.00/session/participant. Student/instructor ratio 10:1

SESSION 1: June 8-29 **SESSION 2:** July 13-August 3

LEVEL 1: BEGINNER INTRODUCTION: Basic strokes, positioning, parts of court, scoring

DAY: Tuesdays **TIME:** 5:30-6:30 pm

LEVEL 1: BEGINNING LEAGUE: Learn direction, basic strategy, stroke production, play

DAY: Tuesdays **TIME:** 6:30-7:30 pm



TENNIS/
RACQUETBALL

RACQUETBALL LEAGUES

DATE: June 14-August 12

FEE: \$10.00/members
\$50.00/non-members

LEAGUE:	DATE:	TIME:
A Singles	Mon	5:30 pm
B Singles	Mon	6:30 pm
B/C Doubles	Mon	7:30 pm
A/B Singles	Wed	6:00 pm
C Singles	Thur	5:30 pm
B Singles	Thur	6:30 pm

RED RIVER OPEN

July 9-11 • Adult and Wheelchair Divisions

July 31-August 1 • Jr Divisions

For entry info, go online to CourtsPlus.org/tennis and scroll down to tournaments.



FOR ALL TENNIS PROGRAMS
(UNLESS NOTED), REGISTER AT: CourtsPlus.org

For more information on the tennis program, call Courts Plus at 237-4805 or go to: **CourtsPlus.org**