

# SPRING 2026

To see continuous improvement, every player should participate in weekly instruction, practice and match play when available. Written session evaluations offer recommendations for next steps.

Consult Coach Matt Fraenza to create the BEST PLAN for your junior!

SPRING Junior Tennis programs are offered for 11-12 weeks: March 23 - June 13 and are available to members (m) and non-members (nm).

Contact [matt@guilfordracquet.com](mailto:matt@guilfordracquet.com) for program registration!

| Red Ball, Ages 4-7      | Day & Time   | M/NM  |
|-------------------------|--|---|
| Red Ball I 4-5 yrs old  | Tues. 5:15-6pm, 3/24-6/9<br>Sat. 10:15-11am, 3/28-6/13   | All classes 12 wks ~ \$252m/<br>\$300nm                                       |
| Red Ball II 6-7 yrs old | Mon. 4:15-5:15pm, 3/23-6/8<br>exc 5/25<br>Thurs. 4:15-5:15pm 3/26-6/11<br>Sat. 10:-11am 3/28-6/13            | Mon. 11 wks ~ \$308m/<br>\$367nm<br>Thurs. & Sat. 12 wks ~ \$336m/<br>\$398nm |
| Orange Ball, Ages 7-10  | Day & Time   | M/NM  |
| Orange Ball             | Tues. 5-6:30pm 3/24-6/9<br>Thurs. 4-5:30pm 3/26-6/11<br>Fri. 5:30-7pm 3/27-6/12<br>Sat. 11-12:30pm 3/28-6/13 | All classes 12 wks ~ \$444m/<br>\$528nm                                       |

# School of Tennis

| Green Ball, Ages 10-13 | Day & Time   | M/NM   |
|------------------------|--|--|
| Junior Varsity         | Thurs. 4-5:30pm 3/26-6/11<br>Sat. 12:30-2pm 3/28-6/13                                    | All classes 12 wks ~ \$444m/<br>\$528nm                                  |
| Varsity                | Mon. 4-5:30pm 3/23-6/8 exc<br>5/25<br>Tues. 5-6:30pm 3/24-6/9<br>Fri. 5:30-7pm 3/27-6/12 | Mon. 11 wks ~ \$506m/\$605nm<br>Tues. & Fri. 12 wks ~ \$552m/<br>\$660nm |

| Yellow Ball, Ages 12-18 | Day & Time  | M/NM   |
|-------------------------|---|--|
| Junior Varsity          | Tues. 3:30-5pm 3/24-6/9<br>Wed. 5-6:30pm 3/25-6/10<br>Fri. 4-5:30pm 3/27-6/12   | All classes 12 wks ~ \$444m/<br>\$528nm  |
| Varsity                 | Mon. 3:30-5:30pm 3/23-6/8<br>exc 5/25<br>Tues. 3-5pm 3/24-6/9<br>Wed. 4:30-6:30pm 3/25-6/10<br>Fri. 3:30-5:30pm 3/27-6/12 | Mon 11 wks ~ \$660m/<br>\$792nm<br>Tues., Wed. & Fri. 12 wks ~<br>\$720m/\$864nm |

**JUNIOR PICKLEBALL, Weekly Registration \$14/\$20:**  
**Tues 5-6pm ~ Ages 5-9**  
**Wed 3:30-4:30pm ~ Ages 10-16**  
 Sign up with Wendy at [jrpickleball@guilfordracquet.com](mailto:jrpickleball@guilfordracquet.com)



Guilford Racquet & Swim Club

**JUNIOR MEMBER BENEFITS:** Enjoy free court time year round, as well as discounted prices on junior programs and private lessons! Email [Beth@guilfordracquet.com](mailto:Beth@guilfordracquet.com) for Junior Privilege court booking protocol & info.



# Junior Tennis Events

The following opportunities are great events to enhance your junior's weekly play. All programs listed are held on Saturdays, 2-4pm

- 3/28 UTR Yellow Ball Singles
- 4/11 UTR Yellow Ball Doubles & Jr Pickleball
- 4/18 USTA Orange/Green Ball Tournament
- 5/2 UTR Yellow Ball Singles
- 5/9 USTA Orange/Green Ball Tournament
- 5/23 UTR Yellow Ball Singles
- 6/6 UTR Yellow Ball Doubles & Jr Pickleball
- 6/13 USTA Orange/Green Ball Tournament



We are proud of our juniors, who often bring home fantastic results including Sportsmanship Awards and State and Sectional Championship team banners.

[matt@guilfordracquet.com](mailto:matt@guilfordracquet.com)



## SPRING 2026 SCHOOL OF TENNIS



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