

2026 Palisades
Fall Junior Tennis Instructional Program

September 8th – November 16th (10 weeks)

Director of Tennis: Doug Sokol Director of Junior Tennis: Rich Richter

If class is rained out, students may make-up the missed class on another day that the class is offered on a space available basis. In the event of inclement weather, please call Doug at (240) 498-6140 and he will advise the status of the day's classes

LEVEL: Tiny Tots (Ages 4 – 6)

This class is designed to create enthusiasm for tennis, and to improve hand-eye coordination. Games along with drills and various teaching aids make for a wonderful learning environment. This class is all about fun and movement and your child will love it!

Day and Time:	Monday	4:00 – 4:45 or 4:45-5:30 pm
	Wednesday	4:15-5:00 pm
Cost:	\$225	\$250*

LEVEL: Young Beginners (Ages 7 – 9)

This class emphasizes the basics. Students learn basic stroke techniques, scorekeeping, rallying, and proper movement. Game-based learning and fun is a big part of this class.

Day and Time:	Tuesday	4:15 – 5:15pm
	Wednesday	4:30---5:30pm or
	Wednesday	5:30 – 6:30pm
Cost:	\$300	\$325*

LEVEL: Low Intermediate Green (Ages 8 – 12)

This class strives to continue improving fundamentals. Stroke mechanics are emphasized and rallying consistency is improved. Juniors in this program will experience proper stroking reinforcement, game-based drills and lots of fun and encouragement. This class is most appropriate for kids who have been in the Low Intermediate class before and can rally with the green ball.

LEVEL: Low Intermediate Orange (Ages 8 – 12)

This class is most appropriate for kids who are new to Low Intermediates and are not as proficient at rallying and would be more comfortable with the slower orange ball.

Day and Time:	Monday	4:30– 5:45pm (Green)
	Tuesday	4:15 --5:30pm (Orange)
	Wednesday	4:15 –5:30pm (Green)
		5:00---6:15pm (Orange)
Cost:	\$375	\$400*

LEVEL: Intermediate-Advanced (Ages 10 – 14)

This class is perfect for those juniors who do not have that much match experience but would like to start taking their tennis to the next level. This program will further improve stroke technique and juniors can expect many drills designed to teach effective playing.

Day and time:	Monday	5:30-- 7:00pm
	Tuesday	5:15—6:45pm

Cost:	\$450	\$475*
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LEVEL: Tournament Training (Ages 10 – 18)

This class is perfect for those juniors who are playing tournaments or aspiring to play tournaments and/or play on their high school tennis teams. This program will help juniors refine stroke technique, work on singles and doubles strategy and tactics as well as incorporate effective patterns of play.

Day and time:	Thursday	4:00-- 6:00pm
	Sunday	1:00---3:00pm

Cost:	\$600	\$625*
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* Price for non-members of Palisades Sign up early as many classes fill up fast!!!
Price listed is for 1 class per week for 10 weeks.

The Palisades Junior Instructional Program uses the 10& under play format which allows kids to rally and play right from the start. 10 & Under Tennis is designed around the same concepts as other youth sports such as soccer, baseball, and basketball, all of which use equipment and court/Field sizes scaled to the size of young children. The scaled down equipment and smaller playing fields allow kids to achieve success the first time out and sustain that success as they continue to develop and refine their skills.

Registration Form for the Junior Instructional Program

Name: _____ class: _____ Age: _____

Circle Applicable Days: **M T W Th F Sun** time: _____

Name: _____ class: _____ Age: _____

Circle Applicable Days: **M T W Th F Sun** time: _____

Amount Enclosed: _____

Address: _____ Phone: _____ Cell: _____

Parent's Name: _____ Email address: _____

Please mail registration form and full payment payable to:

Doug Sokol

5822 Shepherd Drive

Frederick MD 21704

Questions: (240) 498-6140 or email: Palisadestennis@hotmail.com

You may also make payment through Venmo. My Venmo is @Douglas-Sokol