2026-2027 Junior Program

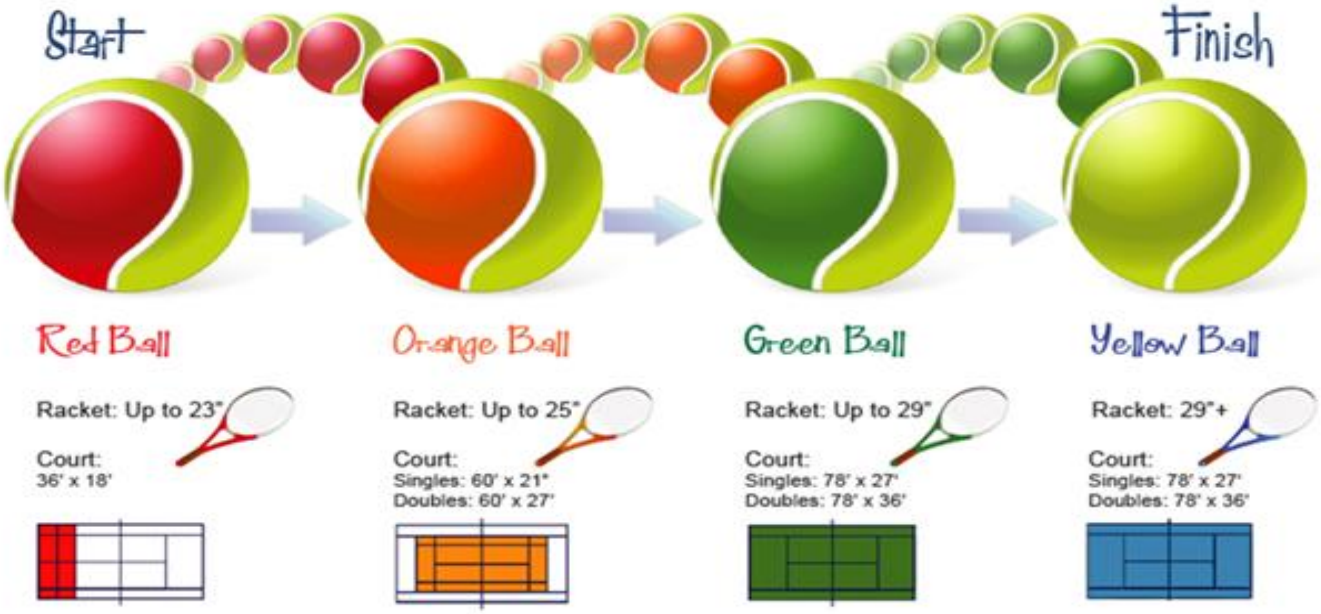
The FRC (Fairfax Racquet Club) Junior Program will offer group classes for players of all levels and ages. The program will be broken down into two main pathways: Development and Performance.

There will be five sessions, classes that meet once a week per enrollment (multiple sign-ups are encouraged)

Session 1: 9/8-10/25: 7 weeks ($385) (Monday 6x ($330)- No Play on 9/7)
Session 2: 10/26-12/20: 7 weeks ($385) (No Play Thanksgiving Week 11/23-11/29)
Session 3: 1/4-2/28: 8 weeks ($440)
Session 4: 3/1-4/25: 7 weeks ($385) (No Play Spring Break 3/22-3/28)
Session 5: 4/26-6/13: 7 weeks ($385) (Monday 6x ($330)-No Play on 5/31)

We will only be taking enrollments for students in the current session, Session 1, 9/8-10/25. Players enrolled in Session 1 will have priority to re-enroll for subsequent sessions before openings will be made available to new students (wait listed players).

*Due to limited space and enrollment availability, **<u>we do not offer makeups for missed classes</u>***
**If a student must unenroll due to a medical condition, a prorated refund will be given once a paid replacement is found.



Philosophy: There are no shortcuts to success. We strongly believe in the process of development with a foundation built on sound fundamental techniques and a long-term big picture in mind. We want our players to have fun from the start so that they develop a love for the game. At the same time, we emphasize proper stroke mechanics and growth of general athletic skills to allow each player to maximize their potential on the court. Given that all players develop at different rates, we believe there is no one secret to success other than putting in the time and effort to improve. To focus on our players and their individual needs, the FRC Junior Program follows a low compression ball progression that scales court size, racquet size, and type of ball to the age, size, and skill level of each player.

DEVELOPMENT PATHWAY:
These classes are offered to players learning the fundamental techniques and skills associated with tennis. Players may range from beginner to intermediate and advanced levels and will be grouped within classes based on their needs and skill level. Key components of the developmental pathway will be working on fundamental athletic skills, learning, and refining proper stroke mechanics and technical skills, and developing consistency and control in live ball play. Classes will be offered in Red Ball (ages 8 and under), Orange Ball (approx. ages 7-10), Green Ball (approx. ages 9-12), and Yellow Ball (approx. ages 12 and up).

Class Format: All development classes are 90 minutes long and are multi-court classes. Red ball will be on a scaled 36' court while orange will use modified 60' spacing on the regular court. Green and yellow will use the full court. We aim to keep class sizes small with enrollment based on 5 players per court. However, given the multi-court format of classes, there may be times when group sizing varies depending on instructional goals in class. Red ball classes will have a ratio of 4 students to 1 instructor. Given the structure of our program and the limitations of class size and space, it is very rare that we would have players change ball colors mid-year, preferring to keep them in a consistent class and among their peers for a "program year", and making ball transitions from year to year or over the summer.

Cost:
Red, Orange, Green, and Yellow ball classes: $385 for a 7-week session, $440 for an 8-week session

PERFORMANCE PATHWAY:
Admission into the performance program is based on several factors including technical skill, player goals, motivation, and commitment to improvement. The performance program is invitation-based, and any players wishing to join the performance group must attend several weeks of the High Intensity summer camp as an assessment. The program is considered year-round, and players are expected to participate in summer camps as well as holiday camps with exceptions for travel. Players are also expected to be competing in tournaments and matchplay outside of class.

Performance classes will prioritize continued development of proper technical skills and live-ball play to emphasize match-specific strategy and decision making. Classes also incorporate a fitness component.

Past or current enrollment in performance classes is not a guarantee of a future spot in class. Players are continuously evaluated for appropriate placement in the program.

Important Details to Note

- Please monitor your child's health and **do not come to FRC if your child is sick.**
- Players must bring their own equipment: racquet, water, towel, etc.
- Players should wear athletic attire and must have proper tennis shoes i.e., Shoes must have good ankle support and have non-marking soles. (Running shoes, hiking shoes, flip flops/sandals, or shoes with black rubber soles are NOT acceptable footwear.) **Players who arrive without proper footwear will not be allowed to play due to injury risk and damage to the court's surface.**
- Please accompany your child into the building for drop-off and pick-up. You are welcome to stay and watch.
- Please note that students are supervised only while on court during class and are not supervised off court, before or after their class.
- Fairfax Racquet Club retains the right to assign, shift, postpone or cancel classes, as necessary. We may not run classes that are unfilled.