

PLAYER

DEVELOPMENT

JR Programs

Path to varsity, college, and professional tennis!

Our program starts with 10 & Under, building strong fundamentals. As players grow, they advance their way to Junior Development and High Performance to prepare for higher level competition.

Pro Shop: (972) 654-2844

LBHouston@ImpactActivities.com

11225 Luna Rd #3113, Dallas, TX

1 Red Ball 10 & Under

1st stage in the *USTA's 10 & Under* introductory program designed for **beginner children from ages 6-8** to learn tennis in a fun and age-appropriate environment. Softer ball, smaller court, lower net, and shorter racquet helps kids build coordination, balance, and basic tennis skills like rallying, serving, and scoring. The emphasis is on fun, movement, confidence, and early success.

2 Orange Ball 10 & Under

2nd stage in the *USTA's 10 & Under* Tennis development pathway, following Red Ball courses. It's designed for kids **ages 7-10** who have developed some basic skills and are ready to play on a slightly larger court with a faster ball. Teaches kids how to construct points, move effectively, builds confidence through longer rallies, and introduces kids to basic tactics and competitive play in a developmentally appropriate setting.

3 Green Ball 10 & Under

3rd stage in the *USTA's 10 & Under* Tennis progression system, following Orange Ball courses. Designed for children **ages 9-11** who are developing advanced skills and are nearly ready to transition to full yellow ball tennis. Green ball is played on a full-size court. This stage helps players adjust to full-court dimensions with a slightly easier ball. Ideal for kids who are showing strong technical and tactical development. Also used for **older beginners (ages 10-12)** to ease them into full-court play, movement and positioning, improved consistency, mental focus, and decision-making under pressure.

4 JD Junior Development

Players attend this class if they graduated from Beginner or Green Ball classes, or already on a *Varsity* or *JV school team* (middle school or high school). Focus is on learning overall athletic abilities, prepare for school tennis seasons, and develop tennis specific skills as *stepping stones to the High Performance class*. Ages **10-18** and **UTR level of 1-3** or equivalent to it.

5 HP High Performance

An **advanced-level training program** designed for competitive junior players who are committed to excelling in tournaments at the *sectional, national, or international* level. The goal is to reach collegiate or professional level. These classes are structured to develop elite skills, physical conditioning, and mental toughness. **Ages 10-18** or younger if exceptionally talented, with a **UTR level of 3+**.

6 OCPE Off-Campus PE

A **level above HP class**. In this small group setting players are even more committed to put in extra work after school. **Small player to coach ratio** allows for extra attention to details, individual coaching, and overall better quality training. Classes are held **Monday through Fridays, 4-6:30 pm**.

7 Home School Please contact our coaches

It is an **intensive, full-time tennis program, year-round training, and education pathway** designed for junior players who are serious about reaching the *highest levels of the sport*—whether that be college tennis, national competition, or the professional tour without sacrificing academics.

This program combines **high-performance tennis training, academic education, and holistic development** in a *structured daily schedule*. We develop physically and technically elite tennis players, build college or professional-level competitiveness, foster discipline, time management, and resilience.

JUNIOR

PROGRAMS

**PATH TO VARSITY,
COLLEGE, AND
PROFESSIONAL TENNIS!**

Drop-ins & Try-outs

Same rate for each
class. Found on the top
right corner.



**Payment for drop-in is due
the day of attendance or
by the end of the week**

UNLIMITED PACKAGE

Students can attend as many
times during the month.
This is due on the 1st of each
month, participants must be
members, monthly price
includes membership.

HP Unlimited:
\$825/month

JD Unlimited:
\$425/month

10 & Under Unlimited:
\$175/month



LBH Junior Tennis Fall Schedule



1-2 Red & Orange Ball 10 & Under

\$25

Mon, Wed 5pm-6pm & Sat 9am-10am

3 Green Ball 10 & Under

\$25

Tues, Thurs 5pm-6pm & Sat 9am-10am

4 JD Junior Development

\$40

Mon-Fri 5:30pm-7pm & Sat 10am-11:30am

5 HP High Performance

\$70

Mon-Fri 5pm-7:30pm & Sat 10am-12:30pm

Mon	Tue	Wed	Thurs	Fri	Sat
Red/Orange Ball 5pm-6pm	Green Ball 5pm-6pm	Red/Orange Ball 5pm-6pm	Green Ball 5pm-6pm		Red/Orange Ball 9am-10am Green Ball 9am-10am
High Performance 5pm-7:30pm	High Performance 5pm-7:30pm	High Performance 5pm-7:30pm	High Performance 5pm-7:30pm	High Performance 5pm-7:30pm	High Performance 10am-12:30pm
Junior Development 5:30pm-7pm	Junior Development 5:30pm-7pm	Junior Development 5:30pm-7pm	Junior Development 5:30pm-7pm	Junior Development 5:30pm-7pm	Junior Development 10am-11:30am

Contact Coach Zoltan for more information
Email: Zoltan@ImpactActivities.com

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✉️ LBHouston@ImpactActivities.com

📍 11225 Luna Rd #3113, Dallas, TX 75229

**Register
through the
Impact
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App**

