

LB Houston Junior Tennis Programs







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

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 ageappropriate 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

2 Orange Ball

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



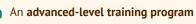
3rd stage in the *USTA's 10 & Under* Tennis progression system, following Orange Ball courses. Designed for children ages 9-11 who are developing advanced skills and are nearly ready to transition to full vellow ball tennis. Green ball is played on a full-size court. This stage helps players adjust to 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.

High Performance

early success.



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 highperformance tennis training, academic education, and holistic development in a structured daily schedule. We develop physically and technically elite tennis players, build college or professionallevel 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

L.B. HOUSTON

LBH Junior Tennis Fall Schedule



Red & Orange Ball

Mon. Wed 5pm-6pm 😩

9am-10am

\$25

\$40

3 Green Ball

Tues, Thurs

Sat 5pm-6pm 🚨 9am-10am \$25

Junior Development

> Mon-Fri 5:30pm-7pm

Sat 10am-11:30am

HP High Performance

> Mon-Fri 5pm-7:30pm &

10am-12:30pm

\$70

Thurs Tue Wed

Green Ball 5pm-6pm Red/Orange Ball 5pm-6pm

Green Ball 5pm-6pm Sat

Red/Orange Ball 9am-10am

Green Ball 9am-10am

High Performance 5pm-7:30pm

Mon

Red/Orange Ball

5pm-6pm

High Performance 5pm-7:30pm

High Performance 5pm-7:30pm

High Performance 5pm-7:30pm

High Performance 5pm-7:30pm

Fri

High Performance 10am-12:30pm

Junior Development 5:30pm-7pm

Junior Development 10am-11:30am

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

- Pro Shop: (972) 654-2844
- ∠ LBHouston@ImpactActivities.com
- 11225 Luna Rd #3113, Dallas, TX 75229

Register through the **Impact Activities TX** App

