

JUNIOR TENNIS

SEPTEMBER 7 - DECEMBER 20, 2026

Court One North - Lansing

1609 Lake Lansing Rd · Lansing, MI 48912 · (517) 372-8031

FALL 2026



- Instructor approval required for enrollment higher than Level 3.
- Payment is due at time of registration.
- Classes with low enrollment may be consolidated or canceled.
- Missed classes must be made up within the same term.
- Only students are allowed on the tennis courts. Parents will be able to watch the class on TV monitors in the lobby.
- Late enrollment is possible: Please contact Shelly Kindig.
- **Private, 2 plus a pro, and 3 plus a pro lessons are available.**
Please contact Shelly Kindig at (517) 908-3225 to schedule.

New student enrollment for Guests:

Please facilitate class enrollment by creating a guest profile with Court One.

1. Please go to coac.clubautomation.com and click the [Access My Account] button to start.
2. A parent should enter their "first name", "last name" and "email address", then click continue. (names of children will be added after the creation of the primary profile.) A verifying email will be sent to the email address provided.
3. Click the hyperlink in the verifying email. You will then be asked to create a username and password your new profile.
4. Complete the required information in the form, including the Liability Waiver.
5. Add additional family members.
6. Please add a credit card for payment. Card information is tokenized and is not stored on Club Automation servers, but with First Data credit card processor.

If you have any questions, please contact Shelly Kindig at (517) 908-3225 or Justin Sabourin at (517) 908-3245.

You can register for Level 3 classes online. Level 2 and 1 classes require approval. Please call the tennis professionals listed below on their direct line. Court One also has a mobile application that can do the same thing as the online portal. Go to the App Store (iPhone) or Play Store (android) and search for

F1 Sept 7 - Oct 11	Session is a 5-week term except for classes that meet on Monday 9/7 (Labor Day) which are a 4-week term. No classes meet on that day. Classes are already prorated in the computer.
F2 Oct 12 - Nov 15	Session is a 5-week term.
F3 Nov 16 - Dec 20	Session is a 5-week term except classes that meet on Thursday 11/26 - 11/29 (Thanksgiving) which are a 4-week term. No classes meet on those days. Classes are already prorated in the computer.

Court One North - Lansing						
For class approval contact Shelly Kindig (517) 908-3225						
Grade	Age	Class	Day	Time	5-week term price	
					Member	Guest
Pre K — Elementary School Pathway						
K - 2 nd	5-8	Red	Mon	5:30 - 6:30p	\$80	\$95
3 rd - 5 th	8-11	Orange	Mon	6:30 - 7:30p	\$80	\$95
4 th -5 th	10-11	Green	Wed	6:30 - 7:30p	\$85	\$100
Middle School & High School Pathway						
6 th -8 th	11-14	Middle School 2/3	Tue & Thu	5:30 - 6:30p	\$170	\$200
		Middle School 1	Tue & Thu	6:30 - 7:30p	\$170	\$200
9 th -12 th	14-18	High School	Mon & Wed	7:30 - 9:00p	\$250	\$296
		Tournament Pathway				
		Tournament	Tue & Thu	7:30 - 9:00p	\$264	\$325

www.courtone.com



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KNIGHTS Junior Tennis Program

Court One Athletic Clubs has been an innovator and leader in tennis for all levels of junior players, using benchmarks for each level of development, based on the USTA Net Generation Competencies. Our programs will emphasize: technical development, tactical training, problem solving and leadership skills. Regardless of your goal, Court One Athletic Clubs will provide the highest level of professionalism to help each player reach their own tennis goals.



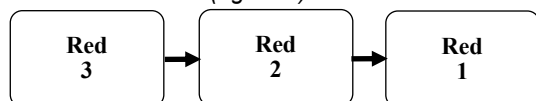
Which class should my child be in?

Players start in the Level 3 for their school grade. Players with more than beginning tennis experience are evaluated and placed by our tennis staff based upon their current playing ability. Students will be evaluated when attending the first level 3 class or may contact the tennis department for an evaluation.

Pre-School (age 4-5)

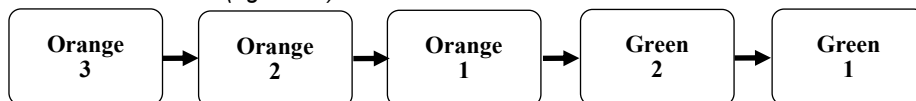
Pre-Rally

K-2nd Grade (age 5-7)



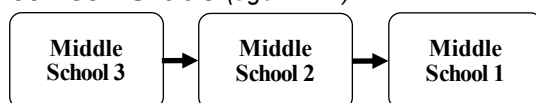
Start here

3rd-5th Grade (age 8-10)



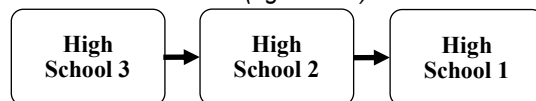
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6th-8th Grade (age 11-14)



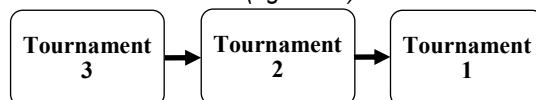
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9th-12th Grade (age 14-18)



Start here

5th-12th Grade (age 8-18)



Grade School Pathway

This is the program for tennis players in Pre-School to 5th grade. The pathway uses a system of modified courts, rackets and balls scaled to maximize learning for different levels and/or age groups. Court One Athletic Clubs is an accredited USTA 10&Under tennis training center. Any color of training balls may be used during any of our classes to help players gain skills faster. Players start in level 3 for their school grade and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level.

Middle School Pathway

This is the program for tennis players in 6th to 8th grades. Participants will practice with various size courts using orange, green and yellow training balls. Players start in level 3 and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level. Players with some experience will be evaluated in the first class and may be moved into a different level.

High School Pathway

This is the program for tennis players in 9th to 12th grades. Coaches may use various training balls orange, green and yellow, in progressions to help players gain a new skill faster. Players start in level 3 and with instructor approval move to level 2 and level 1. It takes 6 - 12 months to establish consistency with the skills set for each level.

Tournament Pathway

To enter this pathway players MUST have approval from the Director of Tennis. During each class players will work on improving mechanics for all strokes, footwork, conditioning, develop consistency and improve shot making. This course is not for every child. To be selected for this group a player must prove a high level of tennis skill and desire to be successful. Must be playing competitive USTA Tournaments.