



WATERTOWN FAMILY YMCA Winter 2025 Adult & Youth Tennis

SEE BROCHURES FOR DETAILS

ADULT/JUNIOR TENNIS CLINICS Ages 12- Adult
Discover the joy of tennis as a life-long sport. The clinic covers the basics with an emphasis on FUNdamentals.

Skills Covered:

- Proper tennis grips
- Forehand swings
- Backhand swings
- Footwork
- Scoring

Class will end with match play.

Program Fee (per sessions):

- Member: \$20.00
- Non-Member: \$40.00
- Military: \$35.00

DAYTIME DOUBLES TENNIS LEAGUES

- Tuesdays & Thursdays
- Slot 1: 7:00 – 8:30 AM
- Slot 2: 8:30 – 10:00 AM
- Slot 3: 10:00 AM – 11:30 PM
- Slot 4: 11:30 – 1:00 PM

- Program Fee:
- Members: \$155.00
- Non-Members: \$195.00
- Military: \$185.00

- Sub Fee Per Game*:
- League Members: FREE
- Y Members: \$5.00
- Non-Members: Day Pass

* Subs must register at Downtown YMCA Welcome Center prior to play.

EVENING DOUBLES TENNIS LEAGUES

- Mondays OR Wednesdays as scheduled
- Slot 1: 4:30 – 6:00 PM
- Slot 2: 6:00 – 7:30 PM
- Slot 3: 7:30 – 9:00 PM

- Program Fee*:
- Members: \$155.00
- Non-Members: \$195.00
- Military: \$185.00

* Registration must be completed in-person at the Downtown YMCA Welcome Center

For questions contact: Adrienne Alteri / Email: aalteri@nnyymca.org / Phone: 315.782.3100

- Sub Fee Per Game*:
- League Members: FREE
- Y Members: \$5.00
- Non-Members: Day Pass

* Subs must register at Downtown YMCA Welcome Center prior to play.

RED BALL YOUTH TENNIS

 Ages 5-12 years

Beginners will have fun learning to build tennis skills on a 36-foot court. Participants will gain hand eye coordination, footwork, tennis court awareness, knowledge of forehand and backhand basics, and serving.

Red Ball Pre-Rally: Participants will learn how to hold the racquets, track the ball, and control movements to build towards tennis skills.

Fun activities and games will keep them focused on the FUNdamentals of Tennis.

Red Ball 3: Children will have fun learning to build tennis skills on a 36-foot court. Participants will learn footwork, tennis court awareness, knowledge of a forehand, a backhand and serving, and gain hand eye coordination.

Program Fee: \$40.00*

All levels of Red Ball Youth Tennis are one 60-minute class per day for 6 weeks.

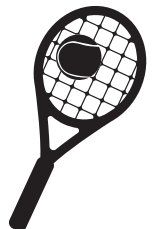
JUNIOR DRILLS & MATCH PLAY & JUNIOR MATCH PLAY

 Ages 12-17 years

This Junior Tennis Drill & Play program is designed for high school players who are new to tennis or looking to refine their fundamental skills.

Program Fee: \$40.00*

* Red Ball And Junior Play Program Fees are subsidized by the Northern New York Community Foundation Junior Tennis Scholarship Fund which subsidizes all YMCA youth tennis programs from ages 5-17.



PRIVATE & SEMI-PRIVATE LESSONS

PRIVATE: 1 PERSON

One 60-minute session with Y Staff

Member: \$65.00 Non-Member: \$75.00

One 60-minute session with Y Pro

Member: \$75.00 Non-Member: \$85.00

SEMI-PRIVATE: 2 PEOPLE

60-minute session with Y Staff

Member: \$35.00 Non-Member: \$40.00

60-minute session with Y Pro

Member: \$40.00 Non-Member: \$50.00

90-minute session with Y Staff

Member: \$48.00 Non-Member: \$58.00

90-minute session with Y Pro

Member: \$58.00 Non-Member: \$68.00

GROUP LESSONS: 3 PEOPLE

60-minute session with Y Staff

Member: \$24.00 Non-Member: \$32.00

60-minute session with Y Pro

Member: \$28.00 Non-Member: \$38.00

90-minute session with Y Staff

Member: \$34.00 Non-Member: \$44.00

90-minute session with Y Pro

Member: \$42.00 Non-Member: \$52.00

CLINIC: 4+ PEOPLE

60-minute session with Y Staff

Member: \$18.00 Non-Member: \$28.00

60-minute session with Y Pro

Member: \$22.00 Non-Member: \$32.00

90-minute session with Y Staff

Member: \$25.00 Non-Member: \$35.00

90-minute session with Y Pro

Member: \$32.00 Non-Member: \$42.00

LESSON PACKAGES

Participants must have an active membership to sign up for Lesson packages. Lessons must be paid for prior to the first lesson and will be scheduled during the registration process. Cancellations should be at least 24 hours in advance. A no-show will be counted towards package amount.

Lesson package options include:

Private: 1 Person

Five 60-minute sessions with Y staff: \$300.00

Five 60-minute sessions with Y Pro: \$350.00

Semi-Private: 2 People

Five 60-minute sessions with Y staff: \$162.00

Five 60-minute sessions with Y Pro: \$190.00

COURT RATES (per hour)

Members can reserve courts up to 7 days in advance. To reserve a court time, download the Court Reserve app. Court Reservation payments are made in Court Reserve app.

MONDAY - FRIDAYS

5:00 - 7:00 AM: \$20.00 per hour

7:00 AM - 9:00 PM: \$40.00

AFTERNOON DISCOUNT

12:30 - 2:30 PM: \$20.00 per hour

SATURDAY & SUNDAY

6:00 AM - 5:00 PM: \$40.00 per hour

WALK ON COURT RATE

(1 Hour or less before playing)

\$30.00 per hour

TENNIS GUESTS

\$12 Day Pass plus court fee.

BALL MACHINE RENTAL

The ball machine is available to members and non-members for use at \$10 per hour plus court fee.

For online access to info on programs, lessons, leagues, and pricing
SCAN THE QR CODE .



watertownymca.org/racquet-sports

SCAN QR CODE FOR



APPLE APP STORE



GOOGLE PLAY



WATERTOWN FAMILY YMCA Pickleball & POP Tennis Leagues and Clinics

SEE BROCHURES FOR DETAILS

PICKLEBALL LEAGUES

MORNING PICKLEBALL LEAGUE

A 2-hour, morning league for Adults. Games played twice a week for 4 weeks.

Tuesdays & Thursdays: 9:00 - 11:00 AM

Program Fee:

Members: \$37.00

Non-Members: \$77.00

Military: \$67.00

EVENING PICKLEBALL LEAGUES

A 2-hour, evening league for Adults. Games played once a week for 10 weeks.

Beginner / Intermediate

Tuesdays: 5:00 - 7:00 PM

Advanced

Thursdays: 5:00 - 7:00 PM

Program Fee:

Members: \$60.00

Non-Members: \$100.00

Military: \$90.00

Sub Fee Per Game*:

League Members: FREE

Y Members: \$5.00

Non-Members: Day Pass

* Subs must register at Downtown Welcome Center prior to play.

PICKLEBALL CLINIC Ages: 13 Years - Adult

Clinic #1: Learn the Basics

Pickleball is the fastest growing sport in the USA. This clinic will cover the rules, scoring, positioning and play! For beginners with no experience.

Clinic #2*: Take your Pickleball game to another level!

Learn shot placement, movement with your doubles partner, dinking, and third shot drop.

Clinic 2 Prerequisite: Pickleball Clinic #1 and 10 games prior experience.

For program questions contact: Adrienne Alteri / Email: aalteri@nnyymca.org / Phone: 315.782.3100

Program Fee (per clinic):

Member: \$20.00

Non-Member: \$35.00

Military: \$30.00

COURT RATES

Pickleball Court Fee:

• \$40.00 per hour for up to 20 players.

• \$50.00 per hour for 21 to 40 max number of players.

Pickleball Member walk on rate: \$5.00 per person

Pickleball Guests: \$12 Day Pass plus court fee.

MONDAY - FRIDAY AFTERNOON DISCOUNT

12:30 - 2:30 PM: \$2.00 per person per hour

POP TENNIS LEAGUE

Pop Tennis is played with a paddle and green dot ball. Played very similarly to tennis with just one underhand serve on a 60-foot court. 60-minutes for 10 weeks. Adults 18+

Tuesdays

Slot 1: 2:00-3:00 PM

Slot 2: 3:00-4:00 PM

Slot 3: 4:00-5:00 PM

Slot 4: 5:00-6:00 PM

Slot 5: 6:00-7:00 PM

Slot 6: 7:00-8:00 PM

Slot 7: 8:00-9:00 PM

Program Fee:

Member: \$105.00

Non-Member: \$145.00

Military: \$135.00



For online access to info on programs, leagues, and pricing
SCAN THE QR CODE .

To reserve a court time, download the Court Reserve app

