

# GOLDBERG EARLY CHILDHOOD CENTER TENNIS PROGRAM (Ages 3-5)



## PROGRAM SYNOPSIS

The Goldberg Early Childhood Center Tennis Program is a delightful introduction to the world of tennis, specially designed for children ages 3 to 5. This program focuses on creating a fun and engaging environment where children can explore tennis through age-appropriate activities, games, and exercises. Our experienced coaches foster a love for physical activity while developing basic motor skills, hand-eye coordination, and social interaction in a positive and nurturing setting.

\*This program will be taught with Red Ball.

## PROGRAM OBJECTIVE

The objective of the GECC Tennis Program is to provide a gentle introduction to tennis, promoting physical development and a positive attitude towards sports. Participants will engage in playful activities that enhance motor skills, balance, and hand-eye coordination, laying a strong foundation for future athletic pursuits. Through enjoyable interactions and group play, children will gain confidence, build social skills, and develop a natural curiosity for the game of tennis.

## WHAT TO EXPECT:

- Engaging in warm-up exercises that encourage physical movement and coordination.
- Playful games and challenges to enhance hand-eye coordination and motor skills.
- Introduction to basic tennis movements and technique.
- Positive reinforcement and encouragement to boost confidence and self-esteem.
- A nurturing and supportive environment that fosters curiosity and enjoyment in sports.
- A culminating event/tournament where participants can showcase their skills and receive recognition for their progress.



# DATES & TIMES

SPRING SESSION (JANUARY 22nd - MAY 8th of 2023)

## Monday's (Room 2)

- January 22nd from 1 pm to 1:30 pm
- January 29th from 1 pm to 1:30 pm
- February 5th from 1 pm to 1:30pm
- February 11th from 1 pm to 1:30 pm
- February 19th from 1 pm to 1:30 pm
- February 26th from 1 pm to 1:30 pm
- March 4th from 1 pm to 1:30 pm
- March 11th NO CLASS - (Spring Break)
- March 18th from 1 pm to 1:30 pm
- March 25th from 1 pm to 1:30 pm
- April 1st from 1 pm to 1:30 pm
- April 8th from 1 pm to 1:30 pm
- April 15th from 1 pm to 1:30 pm
- April 22nd from 1 pm to 1:30 pm
- April 29th NO CLASS - (Passover)
- May 6th from 1 pm to 1:30pm

## Monday's (Room 22)

- January 22nd from 2 pm to 2:30 pm
- January 29th from 2 pm to 2:30 pm
- February 5th from 2 pm to 2:30pm
- February 11th from 2 pm to 2:30 pm
- February 19th from 2 pm to 2:30 pm
- February 26th from 2 pm to 2:30 pm
- March 4th from 2 pm to 2:30 pm
- March 11th NO CLASS - (Spring Break)
- March 18th from 2 pm to 2:30 pm
- March 25th from 2 pm to 2:30 pm
- April 1st from 2 pm to 2:30 pm
- April 8th from 2 pm to 2:30 pm
- April 15th from 2 pm to 2:30 pm
- April 22nd from 2 pm to 2:30 pm
- April 29th NO CLASS - (Passover)
- May 6th from 2 pm to 2:30pm



# DATES & TIMES

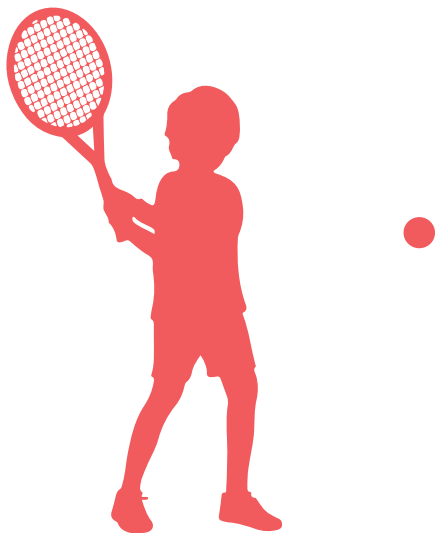
SPRING SESSION (JANUARY 22nd - MAY 8th of 2023)

## Tuesday's ( Room 1)

- January 16th from 1 pm to 1:30 pm
- January 23rd from 1 pm to 1:30 pm
- January 30th from 1 pm to 1:30 pm
- February 6th from 1 pm to 1:30 pm
- February 13th from 1 pm to 1:30 pm
- February 20th from 1 pm to 1:30 pm
- February 27th from 1 pm to 1:30 pm
- March 5th from 1 pm to 1:30 pm
- March 12th NO CLASS - (Spring Class)
- March 19th from 1 pm to 1:30 pm
- March 26th from 1 pm to 1:30 pm
- April 2nd from 1 pm to 1:30 pm
- April 9th from 1 pm to 1:30 pm
- April 16th from 1 pm to 1:30 pm
- April 23rd NO CLASS - (Passover)
- April 30th NO CLASS - (Passover)
- May 7th from 1 pm to 1:30 pm

## Tuesday's ( Room 7)

- January 16th from 2 pm to 2:30 pm
- January 23rd from 2 pm to 2:30 pm
- January 30th from 2 pm to 2:30 pm
- February 6th from 2 pm to 2:30 pm
- February 13th from 2 pm to 2:30 pm
- February 20th from 2 pm to 2:30 pm
- February 27th from 2 pm to 2:30 pm
- March 5th from 2 pm to 2:30 pm
- March 12th NO CLASS - (Spring Class)
- March 19th from 2 pm to 2:30 pm
- March 26th from 2 pm to 2:30 pm
- April 2nd from 2 pm to 2:30 pm
- April 9th from 2 pm to 2:30 pm
- April 16th from 2 pm to 2:30 pm
- April 23rd NO CLASS - (Passover)
- April 30th NO CLASS - (Passover)
- May 7th from 2 pm to 2:30 pm



# DATES & TIMES

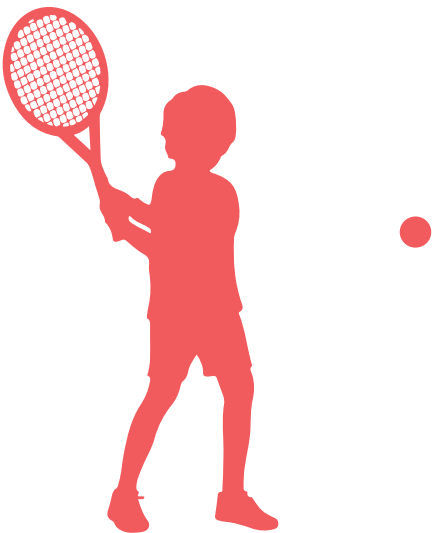
SPRING SESSION (JANUARY 22nd - MAY 8th of 2023)

## Wednesday's ( Room 9 & 10)

- January 17th from 1 pm to 1:30 pm
- January 24th from 1 pm to 1:30 pm
- January 31st from 1 pm to 1:30 pm
- February 7th from 1 pm to 1:30 pm
- February 14th from 1 pm to 1:30 pm
- February 21st from 1 pm to 1:30 pm
- February 28th from 1 pm to 1:30 pm
- March 6th from 1 pm to 1:30 pm
- March 13th from NO CLASS - (Spring Break)
- March 20th from 1 pm to 1:30 pm
- March 27th from 1 pm to 1:30 pm
- April 10th from 1 pm to 1:30 pm
- April 17th from 1 pm to 1:30 pm
- April 24th NO CLASS - (Passover)
- April 31st from 1 pm to 1:30 pm
- May 8th from 1 pm to 1:30pm

## Wednesday's ( Room 21)

- January 17th from 2 pm to 2:30 pm
- January 24th from 2 pm to 2:30 pm
- January 31st from 2 pm to 2:30 pm
- February 7th from 2 pm to 2:30 pm
- February 14th from 2 pm to 2:30 pm
- February 21st from 2 pm to 2:30 pm
- February 28th from 2 pm to 2:30 pm
- March 6th from 2 pm to 2:30 pm
- March 13th from NO CLASS - (Spring Break)
- March 20th from 2 pm to 2:30 pm
- March 27th from 2 pm to 2:30 pm
- April 10th from 2 pm to 2:30 pm
- April 17th from 2 pm to 2:30 pm
- April 24th NO CLASS - (Passover)
- April 31st from 2 pm to 2:30 pm
- May 8th from 2 pm to 2:30pm

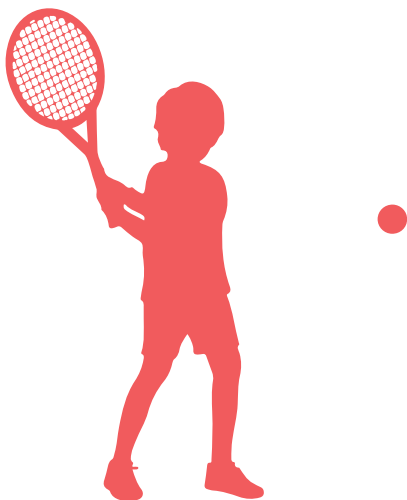


# DATES & TIMES

**SPRING SESSION (JANUARY 22nd - MAY 8th of 2023)**

## Friday's (Room 8)

- January 19th from 1 pm to 1:30 pm
- January 26th from 1 pm to 1:30 pm
- February 2nd from 1 pm to 1:30 pm
- February 9th from 1 pm to 1:30 pm
- February 16th NO CLASS - (Preschool professional development)
- February 23rd from 1 pm to 1:30 pm
- March 1st from 1 pm to 1:30 pm
- March 8th from 1 pm to 1:30 pm
- March 15th NO CLASS - (Spring Break)
- March 22nd from 1 pm to 1:30 pm
- March 29th NO CLASS - (Preschool professional development)
- April 5th from 1 pm to 1:30 pm
- April 12th from 1 pm to 1:30 pm
- April 19th from 1 pm to 1:30 pm
- April 26th from 1 pm to 1:30 pm
- May 3rd from 1 pm to 1:30 pm



# WEEKLY PLAN

## WEEK 1: Introduction to Tennis

Objective: Understand the basics of the game

- Engage in fun warm-up exercises involving running, hopping, and skipping
- We will accomplish these goals with games such as “Statues” and “Racket Hug”

## WEEK 2: Hand-Eye Coordination

- Introduce basic tennis movements, such as hand-eye coordination games with balloons and simple racket swings.
- We will play games such as “Catch Me If You Can”

## WEEK 3: Introduction to Forehand and Backhand

Objective: Learn basic forehand and backhand strokes.

- Introduce proper grip and technique for forehand and backhand shots.
- Engage in fun drills and activities to practice hitting balls with control.
- “Goalkeeper” game to help our tennis stars develop great technique

## WEEK 4: Racket Basics and Ball Handling

Objective: Enhance hand-eye coordination and ball-handling skills.

- Participate in playful activities that involve hitting and catching balls.
- Introduce the concept of controlling a ball with the racket.
- “Cannon Ball” will help develop racket basics, hand-eye coordination, and ball handling.

## WEEK 5: Volleying and Overhead Shots

Objective: Introduce basic volley and overhead techniques.

- Learn how to hold the racket for volleys and overheads.
- Engage in fun games and challenges to practice volleying and hitting overhead shots.
- Games such as “Fruit Salad” will help develop our Future Tennis Stars technique and coordination at the net.



# WEEKLY PLAN

## WEEK 6: Introduction to Serving

Objective: Learn the basics of serving.

- Introduce serving motion with emphasis on control and consistency.
- Engage in serving games and challenges, such as throwing balls to cones and buckets.
- “Serving Target Fun” game will be played to help learn the motion of the serve.

## Week 7: Mini Tennis Games and Cooperative Play

Objective: Experience the joy of mini-tennis games and cooperative play.

- Play mini-tennis games with foam balls, such as “Racket Passes” games.
- Engage in cooperative activities like "Tennis Team Challenge" to promote teamwork.

## Week 8: Theme Tennis

Objective: Themed activities will make the learning experience more engaging and enjoyable

- Theme TBA, and feel free to come dressed up.
- Themed games will be played in this week’s session by hitting targets.
- Play "Frying Pan Tag" to work on coordination and body positioning.

## Week 9: Court Awareness and Movement

Objective: Develop court awareness and basic movement skills.

- Introduce court markers and play "Tennis Treasure Hunt" to learn court boundaries.
- Engage in movement games like "Tennis Freeze Dance" to enhance agility and understanding of singles, service, and doubles lines.

## Week 10: Exploring Tennis with Colors

Objective: Learn through color-coded activities.

- Color-coded drills and exercises that enhance understanding and engagement.
- Fun challenges that involve identifying and coordinating movements based on colors.



# WEEKLY PLAN

## Week 11: Tennis Olympics

Objective: Foster teamwork, cooperation, and friendly competition through Tennis Olympics

- Children will participate in a series of mini-games, encouraging teamwork and skill improvement.
- Play "Tennis Relay Races" with various tennis-themed challenges and tasks.
- Engage in friendly competition while promoting sportsmanship.

## Week 12: Tennis Obstacle Course

Objective: Combine all learned skills in an exciting tennis obstacle course.

- Create a fun and creative tennis obstacle course with various challenges.
- "Tennis Hockey" game will promote understanding of the forehand and backhand techniques while understanding lateral, and forward movements.

## Week 13: Skill Refinement

Objective: Refine all skills while having some fun.

- Games that involve all the tennis skills and movement on the court.
- "Tennis Ball Toss", "Catch and Hit" are games that involve hand-eye coordination, movement, and hitting balls.

## Week 14: Preparation For The Showcase

Objective: Prepare for the showcase event by building confidence and showcasing skills.

- Practice different types of games and matches to encourage teamwork.
- "Tennis Star Showcase" preparation priorly to the following week's event.

## Week 15: Grand Finale – Future Tennis Stars Showcase

Objective: Celebrate achievements and showcase skills in a non-competitive environment.

- Engage in friendly demonstrations of various skills learned throughout the program.
- Parents and family members are invited to join the Future Tennis Stars Showcase and celebrate the young athletes' progress and enthusiasm.
- Reports and awards will be awarded to all of our students.





# Conclusion

From the very first day, our young athletes will be immersed in a world of fun and skill-building activities that will foster their love for the sport. Throughout the program, they will develop their hand-eye coordination, gain fundamental tennis movements and skills, and embrace the values of teamwork and sportsmanship. The culminating showcase will be a heartwarming testament to their progress, and we are thrilled to witness their growth and enthusiasm on this journey that we are going to embark on together!

Enroll your child today and let them embark on a tennis adventure filled with laughter, learning, and limitless possibilities - our Goldberg Early Childhood Center Tennis Program promises an unforgettable experience that will ignite their passion for sports and set them on a path of athletic excellence! Limited spots are available so don't miss the chance to be part of this transformative journey; secure their spot now and watch them blossom into confident, skilled, and happy young athletes!

