



Marcus Lewis Tennis Extension Program
in partnership with
Westford Parks & Recreation

Marcus Lewis Tennis
Extension Program
2021 Fall Programs

To register for tennis lessons at MLTEP, or for information about MLTEP Programs,
contact Holly at (978) 656-1371 or email westford@marcuslewisenterprises.com.

For more about Marcus Lewis programs, visit marcuslewistenniscenter.com.

Learn more about Westford Parks & Recreation at westfordma.gov. For recreation programming, visit westfordrec.com.

Westford Parks & Recreation, 65 Main Street, Westford, MA 01886 | 978-692-5532



Tennis for Adults with Marcus Lewis

Westford Parks & Recreation partners with the **Marcus Lewis Tennis Extension Program (MLTEP)** to offer the highest quality instruction and programming.

The MLTEP, a non-profit that was formed by the Marcus Lewis Tennis Center (MLTC), has provided high-level instruction to area communities for nearly 20 years. The instructors are specifically trained in contemporary methods of teaching and many have decades of experience. The non-profit MLTEP utilizes resources from the MLTC, however as a non-profit, the pricing is significantly lower than a commercial facility. With two indoor facilities in Acton, this will provide Westford residents with year-round opportunities to play tennis.

To register, or to learn more about the MLTEP Programs, email westford@marcuslewisenterprises.com.

Fall Adult Beginner Tennis

Learn the basics of tennis. Emphasis will be on stroke fundamentals, footwork, and court positioning.

Dates: Wednesdays
September 8, 15, 22, 29, October 6, 13, 20
Rain date: October 27
Time: 9:00-10:30 a.m.
Fee: \$189 Residents/\$199 Nonresident
Location: Stony Brook Middle School Courts

Dates: Fridays
September 10, 17, 24, October 1, 8, 15, 22
Rain date: October 29
Time: 5:00-6:30 p.m.
Fee: \$189 Residents/\$199 Nonresident
Location: Stony Brook Middle School Courts

Fall Adult Beginner/Advanced Tennis

For those that are new to tennis or have some tennis experience and are looking to learn the game and enhance their skills on the court.

Dates: Saturdays
September 11, 18, 25, October 2, 9, 16, 23
Rain date: October 30
Time: 9:30-11:00 a.m.
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Adult "Try Tennis" (FREE!)

Now is your chance to get out on the courts and take a tennis lesson for FREE! The MLTEP is running this program for adults who have never had any formal tennis instruction before. The format is a three-class mini session that anyone can take. Just sign up and show up. Equipment is provided.

Dates: Thursdays
September 9, 16, 23
Time: 9:00-10:00 a.m.
Fee: Free classes, \$10 registration fee
Location: Stony Brook Middle School Courts

If you want to continue you can register for the remainder of the session. Remaining session details:

Date: Thursdays
September 30, October 7, 14, 21
Rain date: October 28
Time: 9:00-10:00 a.m.
Fee: \$72 Resident/\$82 Nonresident
Location: Stony Brook Middle School Courts

Fall Adult Advanced Beginner/Intermediate Tennis

For those of you that have all of the strokes and can keep a rally going relatively well, this is the next step. Further hone your abilities with more advanced training and strategy.

Advanced Beginner/Low Intermediate

Dates: Saturdays
September 11, 18, 25, October 2, 9, 16, 23
Rain date: October 30
Time: 8:00-9:30 a.m.
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Intermediate Tennis

Dates: Thursdays
September 9, 16, 23, 30, October 7, 14, 21
Rain date: October 28
Time: 5:00-6:30 p.m.
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Dates: Fridays
September 10, 17, 24, October 1, 8, 15, 22
Rain date: October 29
Time: 9:00-10:30 a.m.
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Tennis for Squirts with Marcus Lewis

Junior Tennis Clinics

Although there was a time when juniors learned with the same size equipment as adults, the modern tennis world took a different approach. Now juniors are instructed with lower compression balls, smaller racquets, and even a smaller court for younger players. The result is faster improvement, longer rallies, and greater success. The MLTC employs the most current teaching methods so that your child learns efficiently and has a great time doing it.

Westford Parks & Recreation partners with the Marcus Lewis Tennis Extension Program (MLTEP) to offer high quality instruction and programming.

RED Ball, Ages 4-8

Young players start with a red ball that is larger, slower, and lighter. The smaller court and lower net is scaled to size for these developing players which allows them to cover the court, hit more balls, and build confidence. At this level, young juniors develop their technique and learn simple tactics.

RED Ball - Level 1

This session for first timers is a perfect introduction to tennis skills and the development of good hand-eye coordination. Emphasis is on having fun with the racquet and ball.

Dates: Wednesdays
September 8, 15, 22, 29, October 6, 13, 20
Rain date: October 27
Time: 4:00-5:00 p.m.
Fee: \$126 Resident/\$136 Nonresident
Location: Stony Brook Middle School Courts

RED Ball - Level 2

This is great for children who have taken some lessons and have good hand-eye coordination. Emphasis is on fun and developing good ground strokes and volleys. Racquet required.

Dates: Mondays
September 13, 20, 27, October 4, 18
Rain date: October 25
Time: 5:00-6:00 p.m.
Fee: \$90 Resident/\$100 Nonresident
Location: Stony Brook Middle School Courts

RED Ball - Level 1 and Level 2

For those of you who prefer Saturdays to weekdays, this class is available to both level 1 and level 2 players.

Dates: Saturdays
September 11, 18, 25, October 2, 9, 16, 23
Rain date: October 30
Time: 11:00-12:00 p.m.
Fee: \$126 Resident/\$136 Nonresident
Location: Stony Brook Middle School Courts



Fun times with the Marcus Lewis Tennis Extension Program (MLTEP) at the Stony Brook Middle School Courts in Westford.

Tennis for Youth with Marcus Lewis

ORANGE Ball

ORANGE balls are the same size as a standard yellow ball, but are lighter and bounce lower. Play is on a mid-sized court with a standard net and juniors continue to build technique and tactical skills as well as confidence in their playing ability. The emphasis is on learning basic grip, tennis strokes, boundaries, building fundamental skills, and scoring.

Ages: 8-10

ORANGE Ball - Level 1

Dates: Tuesdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26

Time: 4:00-5:00 p.m.

Fee: Fee: \$126 Resident/\$136 Nonresident

Location: Stony Brook Middle School Courts

ORANGE Ball - Level 2

Dates: Wednesdays
September 8, 15, 22, 29, October 6, 13, 20
Rain date: October 27

Time: 5:00-6:00 p.m.

Fee: Fee: \$126 Resident/\$136 Nonresident

Location: Stony Brook Middle School Courts

ORANGE Ball - Level 1 and Level 2

Dates: Saturdays
September 11, 18, 25, October 2, 9, 16, 23

Rain date: October 30

Time: 12:00-1:00 p.m.

Fee: Fee: \$126 Resident/\$136 Nonresident

Location: Stony Brook Middle School Courts

GREEN Ball

As junior players grow and build their skills for strokes, they move to a full-sized court. The **GREEN** ball is slightly lighter and slower than a yellow ball which gives them more time to get to and return shots. More balls stay in play and the exchanges last longer.

For students who show potential to excel and have played enough to demonstrate forehand and backhand ground strokes. Skills worked on will be advanced stroke skills and match strategy.

Ages: 9-12

GREEN Ball - Level 1

Dates: Tuesdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26

Time: 5:00-6:00 p.m.

Fee: \$126 Resident/\$136 Nonresident

Location: Stony Brook Middle School Courts

GREEN Ball - Level 2

Dates: Thursdays
September 9, 16, 23, 30, October 7, 14, 21
Rain date: October 28

Time: 4:00-5:00 p.m.

Fee: \$126 Resident/\$136 Nonresident

Location: Stony Brook Middle School Courts

GREEN Ball - Level 1 and Level 2

Dates: Saturdays
September 11, 18, 25, October 2, 9, 16, 23
Rain date: October 30

Time: 1:00 – 2:30 p.m.

Fee: \$189 Resident/\$199 Nonresident

Location: Stony Brook Middle School Courts

Racquets are available for purchase - interested?

Email westford@marcuslewisenterprises.com, BEFORE the first class. Do not wait until the day of the class as it will take away from the lesson time.

Build a Custom Group

Can't find the class you want, or the time doesn't work with your schedule? Contact MLTEP at westford@marcuslewisenterprises.com.

MLTC participants are in trophy pose position practicing their over-heads.





YELLOW Ball, Ages 12+

Experienced and older juniors move to the standard **YELLOW** ball and the standard court size. These clinics are for players who aspire to compete in USTA tournaments or join their high school tennis team. The focus is on enhancing strokes and tactics for singles and doubles play along with mental toughness and conditioning.

Players are coached and play is critiqued throughout this session. A bus is available from Blanchard to Stony Brook upon dismissal. Racquet required.

YELLOW Ball - Level 1

Beginner. For Middle School players with little knowledge of the game or skills. Players will be taught basic skills including forehand, backhand, serve, volley, and overhead.

Dates: Mondays
September 13, 20, 27, October 4, 18
Rain date: October 25
Time: 2:15-3:45
Fee: \$135 Resident/\$145 Nonresident
Location: Stony Brook Middle School Courts

YELLOW Ball - Level 2

Advanced Beginner/Intermediate. For players who accurately execute basic strokes. Participants must be able to compete in a match with a consistent second serve. Players will form two teams and will improve both strategies and skills required to compete on the competitive level.

YELLOW Ball - Level 2 for Middle School Players

Dates: Tuesdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26
Time: 2:15-3:45 p.m.

Dates: Thursdays
September 9, 16, 23, 30, October 7, 14, 21
Rain date: October 28
Time: 2:15-3:45 p.m.

Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

YELLOW Ball - Level 2 for High School Players

Dates: Wednesdays
September 8, 15, 22, 29, October 6, 13, 20
Rain date: October 27
Time: 2:15-3:45 p.m.
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Match Play for ALL Levels

Program is open to all students who know how to serve, rally, and keep score. This is an opportunity to play singles and doubles and hone your strategic skills. Racquet required.

Dates: Fridays
September 10, 17, 24, October 1, 8, 15, 22
Rain date: October 29
Time: 2:15-3:45
Fee: \$189 Resident/\$199 Nonresident
Location: Stony Brook Middle School Courts

Junior "Try Tennis" Class

Professional lessons can be somewhat costly, however, that should never be a barrier for kids to get exposed to the game of tennis. The MLTEP is offering a three-class mini session of FREE tennis lessons to any children between the ages of 5-13 who have never had a tennis lesson before. All equipment and supplies are also provided in our "Try Tennis" program. If you are unsure of your child(ren)'s affinity for tennis and want a chance for them to test the waters, then this would be the ideal time to do it.

Ages: 5-8
Dates: Mondays
September 13, 20, 27
Time: 4:00-5:00 p.m.

Ages: 9-13
Dates: Fridays
September 10, 17, 24
Time: 4:00-5:00 p.m.

Fee: Free classes, \$10 registration fee
Location: Stony Brook Middle School Courts

If your child enjoys tennis and would like to continue, please register for the remainder of the session:

Junior Try Tennis: Ages 5-8 (Continuing)

Dates: Mondays
October 4, 18
Rain date: October 25
Fee: \$36 Resident/\$46 Nonresident
Location: Stony Brook Middle School Courts

Junior Try Tennis: Ages 9-13 (Continuing)

Dates: Fridays
October 1, 8, 15, 22
Rain date: October 29
Fee: \$72 Resident/\$82 Nonresident
Location: Stony Brook Middle School Courts

To **Register** or to **Learn More** about the MLTEP Programs, email westford@marcuslewisenterprises.com.