



**MLTEP in partnership
with Westford Recreation**

***Marcus Lewis Tennis
Extension Program***

2026 Fall Programs

To register for tennis lessons at MLTEP, or for information about MLTEP Programs,
email Brenda Folan at brenda.folan@marcuslewisenterprises.com.

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

Learn more about Westford Recreation at westfordma.gov. For recreation programming, visit westfordma.myrec.com.

Westford Recreation, 65 Main Street, 3rd floor, Westford, MA 01886 | 978-692-5532



Tennis for Adults with Marcus Lewis

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

MLTEP, a non-profit that was formed by the Marcus Lewis Racquet Club (MLRC), 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 MLRC, however as a non-profit, the pricing is significantly lower than a commercial facility. Exceptions to age and levels are at the sole discretion of Director of Tennis, Jackie Schaefer.

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

Fall Adult Beginner/ Advanced Beginner

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

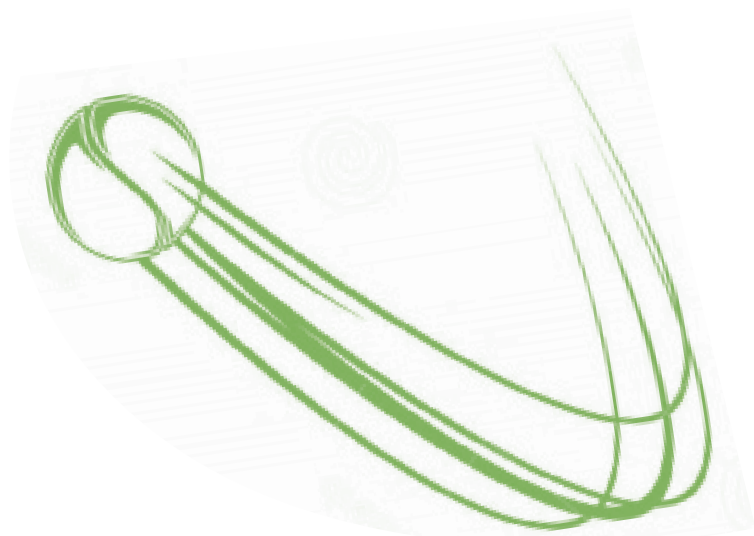
Dates: Sundays
September 13, 20, 27, October 4, 18, 25 (off 10/11)
Time: 3:00-4:30 p.m.
Fee: \$216 Residents/\$226 Nonresident
Location: Stony Brook Middle School Courts

Dates: Thursdays
September 10, 17, 24, October 1, 8, 15
Time: 5:00-6:30 p.m.
Fee: \$216 Residents/\$226 Nonresident
Location: Stony Brook Middle School Courts

Fall Adult Low Intermediate/ Intermediate

If you have the strokes and can keep a rally going relatively well, this is the next step. Develop your abilities with more advanced training and strategy. Players should bring water and tennis racquet.

Dates: Sundays
September 13, 20, 27, October 4, 18, 25
Time: 4:30-6:00 p.m.
Fee: \$216 Residents/\$226 Nonresident
Location: Stony Brook Middle School Courts



Exceptions to age and levels are at the sole discretion of Director of Tennis, Jackie Schaefer.

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 MLRC employs the most current teaching methods so that your child learns efficiently and has a great time doing it.

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

RED Ball, Ages 5-7

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.

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

RED Ball

Dates: Tuesdays
September 8, 15, 22, 29, October 6, 13
Time: 5:30-6:30 p.m.
Fee: \$144 Resident/\$154 Nonresident
Location: Stony Brook Middle School Courts

Dates: Thursdays
September 10, 17, 24, October 1, 8, 15, 22
Time: 4:00-5:00 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts



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

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 - Ages 8-10

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.

ORANGE Ball

Dates: Sundays
September 13, 20, 27, October 4, 18, 25
(No class on 10/11)

Time: 2:00-3:00 p.m.

Fee: \$144 Residents/\$154 Nonresident

Location: Stony Brook Middle School Courts

Dates: Tuesdays
September 8, 15, 22, 29, October 6, 13, 20

Time: 4:30-5:30 p.m.

Fee: \$168 Resident/\$178 Nonresident

Location: Stony Brook Middle School Courts

GREEN Ball - Ages 11 and up

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.

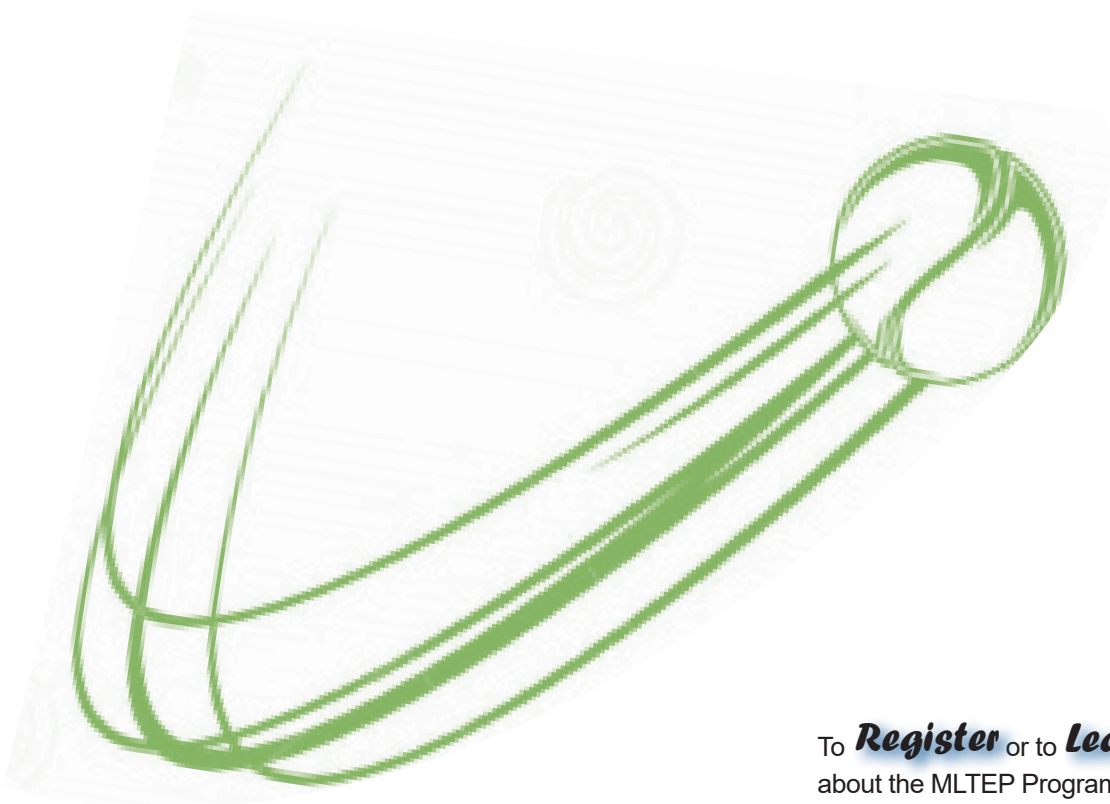
GREEN Ball

Dates: Thursdays
September 10, 17, 24, October 1, 8, 15, 22

Time: 3:00-4:00 p.m.

Fee: \$168 Resident/\$178 Nonresident

Location: Stony Brook Middle School Courts



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Tennis for Youth with Marcus Lewis

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.

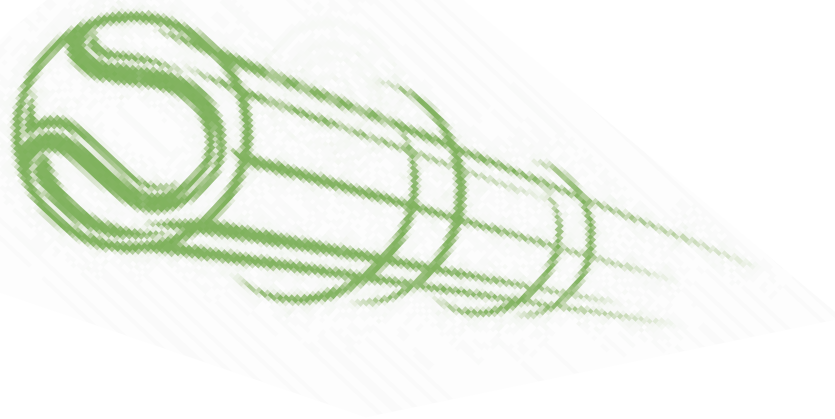
YELLOW Ball - All Levels

For junior players with knowledge of the game. Emphasis will be on the technical, physical, mental, and tactical aspects of the game.

Dates: Tuesdays
 September 8, 15, 22, 29, October 6, 13, 20
Time: 3:30-4:30 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts



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



Build a Custom Group

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