



Centennial Parklands
SPORTS CENTRE

CPSC Green Ball Intro Orientation

Welcome to Green Ball Lessons at Centennial Parklands Sports Centre

Your child is taking the next steps toward refining their skills as a tennis player! Our Green Ball program is designed for young players who are still learning the game. Your child may have taken some tennis instruction though it is not a requirement for joining this program.

Where are the Centennial Parklands Sports Centre tennis courts?

Our 11 tennis courts (9 synthetic grass, 2 hardcourt) are located across the road from The Entertainment Quarter. Programs are usually held on Courts 1 to 4.

What to bring...

A tennis racquet for your child and a water bottle! Ask your child to wear comfortable athletic gear and tennis shoes. Racquets are also available for loan from our Tennis Kiosk.

What your child can expect...

For tennis players making the move up to Green Ball from Orange Ball. Sessions focus on adding movement patterns to stroke production, acclimatising to the larger court and faster ball, and refining current technique. Players can expect to spend at least two to three terms at this level. Sessions have a focus on technique and play. Your child will have taken some tennis instruction—though it is not a prerequisite—and classes are for children aged 10–12. If your child is in their first three terms of Green Ball, this is where they should register.

By the end of this term...

Your child should be further refining their skills and technical knowledge as a player. The more they practise, the quicker they will improve! We encourage them to practise outside of lessons with friends, family, and players in their group.

What if it's raining?

You will receive an SMS from the CPSC team if your child's lesson has been cancelled at least an hour before its scheduled start time. For this reason, please ensure that your mobile phone number is entered correctly on your user profile. If you do not hear from us, assume that the lesson is on.