



Centennial Parklands
SPORTS CENTRE

CPSC Orange Ball Intro Orientation

Welcome to Orange Ball Lessons at Centennial Parklands Sports Centre

Your child is taking the next steps toward refining their skills as a tennis player! Our Orange Ball program is designed for young players who are in the early stages of learning the game. Your child will have taken some tennis instruction—though it is not a requirement to join.

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! Depending on your child's size, they may need a racquet anywhere from 21 to 25 inches. If you are unsure, please ask our coaches. Racquets are also available for loan from our Tennis Kiosk. Ask your child to wear comfortable athletic gear and tennis shoes.

What your child can expect...

Our Orange Ball Intro program is designed for young players making the move up to Orange Ball from Red Ball. Players can expect to spend at least three terms at this level. Players at this stage are learning to make consistent contact while stationary and are gaining familiarity executing forehands, backhands, volleys, and the serve. Sessions are technique-based with a play portion at the end. For children aged 7–9. If your child is in their first three terms of Orange Ball, this is where they should register.

By the end of this term...

Your child should be further refining co-ordination 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 and family.

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.