



Centennial Parklands
SPORTS CENTRE

CPSC Red Ball Orientation

Welcome to Red Ball Lessons at Centennial Parklands Sports Centre

Your child is taking their first steps toward becoming a tennis player! Our Red Ball program is 45 minutes long and is designed for young children in the early stages of learning the game.

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 19 to 23 inches. If you are unsure, please ask our coaches.

What your child can expect...

Red Ball sessions are designed to ensure that your child receives some fine & gross motor skills work and technical instruction. Lessons are divided into a co-ordination and skills warm-up followed by a technical portion where our coaches will instruct your child on the stroke/concept of the week. Lessons usually finish with a "fun" game though a coach may deem that more technical instruction is required for the group.

By the end of this term...

Your child should be further refining co-ordination skills and know the basics of tennis. This includes Ready Position, Forehand, Backhand, Forehand Volley, Backhand Volley, and Rallying.

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.