



**Marcus Lewis Tennis Extension Program  
in partnership with Westford Recreation**

# *Marcus Lewis Tennis Extension Program*

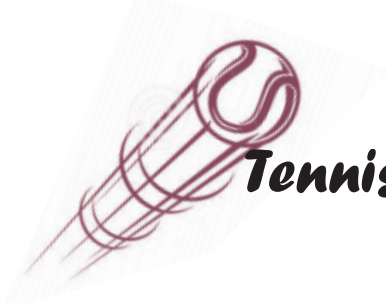
## **2023 Fall Programs**

To register for tennis lessons at MLTEP, or for information about MLTEP Programs,  
email Holly at [holly@marcuslewisenterprises.com](mailto:holly@marcuslewisenterprises.com).

For more about Marcus Lewis programs, visit [marcuslewistenniscenter.com](http://marcuslewistenniscenter.com).

Learn more about Westford Recreation at [westfordma.gov](http://westfordma.gov). For recreation programming, visit [westfordrec.com](http://westfordrec.com).

Westford Recreation, 65 Main Street, 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.

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](mailto:westford@marcuslewisenterprises.com).**

## Fall Adult Beginner/ Advanced Beginner

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

Dates: Wednesdays  
September 6, 13, 20, 27, October 4, 11, 18  
Rain date: October 25  
Time: 1:00-2:30 p.m.  
Fee: \$189 Residents/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

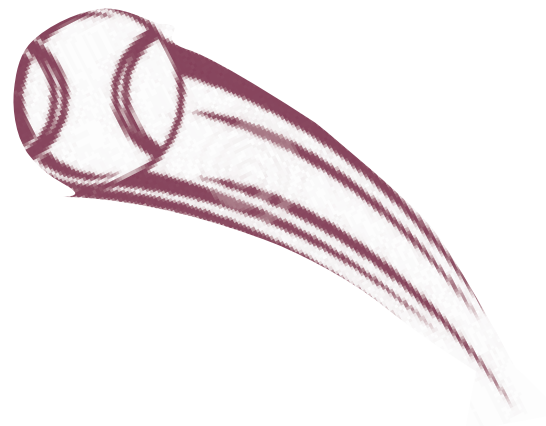
Dates: Thursdays  
September 7, 14, 21, 28, October 5, 12, 19  
Rain date: October 26  
Time: 5:00-6:30 p.m.  
Fee: \$189 Residents/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

## Fall Adult Low Intermediate/ Intermediate

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.

Dates: Mondays  
September 11, 18, 25, October 2, 16,  
Rain date: October 23  
Time: 12:30-2:00 p.m.  
Fee: Fee: \$135 Resident/\$145 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler

Dates: Tuesdays  
September 5, 12, 19, 26, October 3, 10, 17  
Rain date: October 24  
Time: 5:00-6:30 p.m.  
Fee: \$189 Resident/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler



To **Register** or to **Learn More** about the MLTEP Programs, email [holly@marcuslewisenterprises.com](mailto:holly@marcuslewisenterprises.com).

# 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 5-8

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 I/II

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 6, 13, 20, 27, October 4, 11, 18  
Rain date: October 25  
Time: 4:00-5:00 p.m.  
Fee: \$126 Resident/\$136 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

Dates: Thursdays  
September 7, 14, 21, 28, October 5, 12, 19  
Rain date: October 26  
Time: 4:00-5:00 p.m.  
Fee: \$126 Resident/\$136 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon



*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 I/II

Dates: Mondays  
September 11, 18, 25, October 2, 16  
Rain date: October 23

Time: 4:00-5:00 p.m.  
Fee: \$90 Resident/\$100 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler

Dates: Tuesdays  
September 5, 12, 19, 26, October 3, 10, 17  
Rain date: October 24

Time: 4:00-5:00 p.m.  
Fee: \$126 Resident/\$136 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler

Dates: Wednesdays  
September 6, 13, 20, 27, October 4, 11, 18  
Rain date: October 25

Time: 5:00-6:30 p.m.  
Fee: \$189 Resident/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

## 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 I/II

Dates: Mondays  
September 11, 18, 25, October 2, 16  
Rain date: October 23

Time: 5:00-6:30 p.m.  
Fee: \$135 Resident/\$145 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler

Dates: Wednesdays  
September 6, 13, 20, 27, October 4, 11, 18  
Rain date: October 25

Time: 3:00-4:00 p.m.  
Fee: \$126 Resident/\$136 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

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

Time: 2:30-4:00 p.m.  
Fee: \$189 Resident/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Peter Bannon

### Racquets are available for purchase. Interested?

Email [westford@marcuslewisenterprises.com](mailto: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.

To **Register** or to **Learn More**  
about the MLTEP Programs, email  
[holly@marcuslewisenterprises.com](mailto:holly@marcuslewisenterprises.com).

# 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. A bus is available from Blanchard to Stony Brook upon dismissal. Racquet required.

### YELLOW Ball - Level I/II

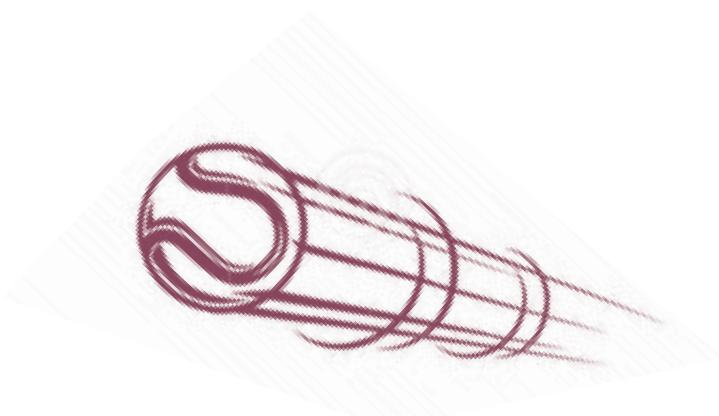
Beginner. For Middle School players with little knowledge of the game or skills. Players will be taught basic skills including forehand, backhand, serve, volley, and overhead.

Dates: Mondays  
September 11, 18, 25, October 2, 16  
Rain date: October 23  
Time: 2:30-4:00 p.m.  
Fee: \$135 Resident/\$145 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler

Dates: Tuesdays  
September 5, 12, 19, 26, October 3, 10, 17  
Rain date: October 24  
Time: 2:30-4:00 p.m.  
Fee: \$189 Resident/\$199 Nonresident  
Location: Stony Brook Middle School Courts  
Instructor: Matt Chandler



*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 at [holly@marcuslewisenterprises.com](mailto:holly@marcuslewisenterprises.com).