



Adult Tennis - Spring 2024 Program

Apr-May

Rec & Ed Tennis offers a rewarding Adult recreational pathway that allows players to develop skills in a fun and social environment. If a player does not have a racquet, instructors will have loaners at class. Rec & Ed Tennis follows the USTA Code of Conduct.

For classes held at UM Varsity Tennis Center, players must check in at the front desk every visit and wear non-marking soled tennis shoes. No running shoes/ please.

Classes at AAPS sites are held outside, with no indoor backup. Make-up classes will be added to schedule if needed and courts are available.

Please note -- all classes / programs are subject to change.

-Scholarship copays vary from \$50 to \$100 depending on class fee.

To learn more about NTRP ratings and our program, visit our homepage: a2schools.org/recedtennis

Learn To Play / Return to Play Tennis 101 and Tennis 201 are specifically designed for adult beginners, or adults returning to the game after a prolonged hiatus. Classes offer fun, progressive drills & games, singles & doubles play, and introduce basic rules & etiquette.

TENNIS 101 Beginner NTRP 2.0, Coed (Previously Start/Restart) Tennis 101 is for new players or those returning to the game after a lengthy break. Players learn stroke fundamentals as well as general rules of play in a fun group environment. Even if you've never picked up a racquet, Tennis 101 will get you playing right away, and get you started on your tennis journey. Players repeat Tennis 101 until the instructor recommends moving to Tennis 201.

TENNIS 201 Intermediate NTRP 2.5, Coed Tennis 201 is for 'graduates' of Tennis 101 or intermediate level players returning to tennis. Refine your strokes, gain consistency, learn doubles and singles strategy.

Class ID	Class	Day	Time	Dates	# Classes	Fee	Instructor	Location
3610.321	Tennis 101	Tue	9:00AM-10:30AM	4/9-5/14 NO CLASS 4/23	5	\$200	Staff	VTC
3610.341	Tennis 101	Thur	4:00PM-5:30PM	4/11-5/16	6	\$180	Staff	Tappan
3610.322	Tennis 201	Tue	10:30AM-12:00PM	4/9-5/14 NO CLASS 4/23	5	\$200	Staff	VTC
3610.342	Tennis 201	Thur	5:30PM-7:00PM	4/11-5/16	6	\$180	Staff	Tappan

CLINICS

NTRP Level-specific Clinics (NTRP 2.5-4.0 Women's, Men's, Coed)

Continue developing your game through instructional drilling, coaching, live ball feeding games and doubles match play. Great for league players! *Instructor's permission required.*

Tennis 301 Advanced (Coed, NTRP 3.0) Ideal for the advanced players wanting more point play at a faster pace. Focuses more on drill and play while hitting a lot of balls on the move with some instruction. For people who want to improve and be challenged along with having matchplay opportunities. **NOT A BEGINNER CLASS, REQUIREMENT is 201 or INSTRUCTOR APPROVAL.**

Tennis 302 (Coed, NTRP 3.5) Fine tuning basic and advanced skills while playing competitive point play. Focus will be on court strategy, movement, and ball placement. For people who want to improve and be challenged along with having matchplay opportunities. **NOT A BEGINNER/INTERMEDIATE CLASS.**

*****Tennis 301 formerly Taking to the Next Level Clinic*****

*****Tennis 302 formerly Putting It All Together Clinic*****

Class ID	Class/Level	Day	Time	Dates	#Classes	Fee	Instructor	Location
3602.371	Tennis 301	Sun	1:30PM-3:00PM	4/7-5/5	5	\$150	Renee Hand	Pioneer
3602.331	Tennis 301	Wed	9:00AM-10:30AM	4/10-5/15 NO CLASS 4/24	5	\$200	Renee Hand	VTC
3602.332	Tennis 302	Wed	10:30AM-12:00PM	4/10-5/15 NO CLASS 4/24	5	\$200	Renee Hand	VTC
3602.311	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	4/8-5/13	6	\$220	Fode Camara	VTC
3602.333	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	4/10-5/15 NO CLASS 4/24	5	\$200	Fode Camara	VTC
3602.334	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	4/10-5/15 NO CLASS 4/24	5	\$200	Fode Camara	VTC
3602.341	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	4/11-5/16 NO CLASS 4/25	5	\$220	Fode Camara	VTC
3602.351	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	4/12-5/17 NO CLASS 4/26	5	\$220	Fode Camara	VTC

CARDIO TENNIS* & CARDIO DRILL & PLAY*

Coed Level-specific: NTRP 2.5**- 3.0; NTRP 3.0 and higher; NTRP 3.5-4.0

****NTRP 2.5 League players Instructor: Fode Camara**

Cardio Tennis

Stay fit hitting 100s of (standard yellow) balls in this fun, fast-paced, high intensity, aerobic tennis drilling and games workout. **Recommended for players with full range of mobility and good cardiovascular health.** Instructor determines if the player's level and mobility are appropriate during first class. *No beginners please.*

Cardio Drill & Play

Develop your strokes and competitive skills in this 50/50 combination of intensive cardio drilling along with plenty of live ball games and match play.

Class ID	Class	Days	Time	Dates	# Classes	Fee	Location
3606.371	Cardio Tennis NTRP 3.0+higher	Sun	10:00AM-11:00AM	4/7-5/5	5	\$150	Skyline
3606.372	Cardio Tennis NTRP 3.0+higher	Sun	11:00AM-12:00PM	4/7-5/5	5	\$150	Skyline
3606.321	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	4/9-5/14 NO CLASS 4/23	5	\$200	VTC
3606.322	Cardio Tennis NTRP 3.5-4.0	Tues	10:30AM-12:00PM	4/9-5/14 NO CLASS 4/23	5	\$200	VTC
3606.351	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	4/12-5/17 NO CLASS 4/26	5	\$180	VTC
3604.371	Cardio Drill & Play NTRP 2.5-3.0	Sun	12:00PM - 1:30PM	4/7-5/5	5	\$150	Skyline
3604.372	Cardio Drill & Play NTRP 3.5-4.0	Sun	1:30PM - 3:00PM	4/7-5/5	5	\$150	Skyline

Registration begins Tuesday, February 20, 2024 at 10am

For more information, visit our website: www.a2schools.org/recedtennis or contact adulttennis@a2school.org

****Participants playing at UM Varsity Tennis Center (VTC) must adhere to VTC policies and procedures at time of program, including the use of a second pair of clean, non-scuffing shoes and using a parking pass.. Registered participants will be notified by email with policy and procedure updates. Follow the class schedule on the Rec & Ed [Tennis Calendar](#) and visit the [Tennis Home Page](#) for program updates and offerings.**