



Adult Tennis - Winter 2024 Program

Jan-March @ UM Varsity Tennis Center

Rec & Ed Tennis offers a rewarding Adult recreational pathway that allows players to develop skills in a fun and social environment. Players must wear non-marking soled tennis shoes. No running shoes please. If a player does not have a racquet, instructors will have loaners at class. Rec & Ed Tennis follows the USTA Code of Conduct.

-All classes are held at UM Varsity Tennis Center, and 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 Adv Beginner NTRP 2.5, Coed Tennis 201 is for 'graduates' of Tennis 101 or advanced beginner level players returning to tennis. Refine your strokes, gain consistency, learn doubles and singles strategy. *This is the "bridge" between beginners and our 2.5-3.0 level clinics and leagues*

Class ID	Class	Day	Time	Dates	# Classes	Fee	Instructor
3610.221	Tennis 101	Tu	9:00AM-10:30AM	1/9-2/13	6	\$190	Staff
3610.223	Tennis 101	Tu	9:00AM-10:30AM	2/20-3/19	5	\$180	Staff
3610.222	Tennis 201	Tu	10:30AM-12:00PM	1/9-2/13	6	\$190	Staff
3610.224	Tennis 201	Tu	10:30AM-12:00PM	2/20-3/19	5	\$180	Staff
3610.261	Tennis 101	Sat	9:00AM-10:30AM	2/10-3/9	5	\$190	Staff
3610.262	Tennis 201	Sat	10:30AM-12:00PM	2/10-3/9	5	\$180	Staff
3610.271	Tennis 201	Sun	1:30PM-3:00PM	1/21-3/3 NO CLASS 1/28 & 2/18	5	\$180	Staff

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.*

Taking it to the Next Level Clinic (Coed, NTRP 2.5 - 3.0) Ideal for the advanced beginner seeking to progress in every aspect of their tennis game. The drill sessions focus on improving tennis skills, techniques and engaging in match play.

Putting it all Together Clinic (Coed, NTRP 3.0 - 3.5) The drill sessions are designed for the intermediate player with focus on groundstroke consistency, ball placement, improved service technique, return of serve, volleys, overheads, court positioning and match play strategy. Perfect for those who enjoy competitive as well as recreational play and want to keep their skills sharp!

******For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class*******

Class ID	Class/Level	Day	Time	Dates	#Classes	Fee	Instructor
3602.231	Next Level Clinic NTRP Coed 2.5-3.0	Wed	9:00AM-10:30AM	1/10-2/14	6	\$190	Renee Hand
3602.233	Next Level Clinic NTRP Coed 2.5-3.0	Wed	9:00AM-10:30AM	2/21-3/20	5	\$180	Renee Hand
3602.232	All Together Clinic NTRP Coed 3.0-3.5	Wed	10:30AM-12:00PM	1/10-2/14	6	\$190	Renee Hand
3602.234	All Together Clinic NTRP Coed 3.0-3.5	Wed	10:30AM-12:00PM	2/21-3/20	5	\$180	Renee Hand
3602.236	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	1/10-2/14	6	\$190	Fode Camara
3602.238	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	2/21-3/20	5	\$180	Fode Camara
3602.211	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	1/8-2/12 No class 1/15	5	\$180	Fode Camara
3602.213	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	2/19-3/18	5	\$180	Fode Camara
3602.235	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	1/10-2/14	6	\$190	Fode Camara
3602.237	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	2/21-3/20	5	\$180	Fode Camara
3602.212	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	1/8-2/12 No class 1/15	5	\$180	Fode Camara
3602.214	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	2/19-3/18	5	\$180	Fode Camara
3602.241	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	1/11-2/15	6	\$210	Fode Camara
3602.242	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	2/22-3/21	5	\$199	Fode Camara
3602.251	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	1/19-2/16	5	\$199	Fode Camara
3602.252	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	2/23-3/22	5	\$199	Fode Camara

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.

******For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class*******

Class ID	Class	Days	Time	Dates	# Classes	Fee
3606.271	Cardio Tennis NTRP 3.0+higher	Sun	10:00AM-11:00AM	1/21-3/3 NO CLASS 1/28 & 2/18	5	\$135
3606.272	Cardio Tennis NTRP 3.0+higher	Sun	11:00AM-12:00PM	1/21-3/3 NO CLASS 1/28 & 2/18	5	\$135
3604.271	Cardio Drill + Play 2.5-3.0 <i>League Players Only</i>	Sun	12:00PM-1:30PM	1/21-3/3 NO CLASS 1/28 & 2/18	5	\$180
3604.272	Cardio Drill + Play 3.5-4.0	Sun	1:30PM-3:00PM	1/21-3/3 NO CLASS 1/28 & 2/18	5	\$180
3606.221	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	1/9-2/13	6	\$145
3606.223	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	2/20-3/19	5	\$135
3606.222	Cardio Tennis NTRP 3.5-4.0	Tues	10:30AM-12:00PM	1/9-2/13	6	\$145
3606.224	Cardio Tennis NTRP 3.5-4.0	Tues	10:30AM-12:00PM	2/20-3/19	5	\$135
3606.251	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	1/19-2/16	4	\$125
3606.252	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	2/23-3/22	5	\$135

Registration begins December 5, 2023 at 10am

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

**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.