



## Adult Tennis - Fall 2022 Outdoor\* Program REVISED 07/25/22

Rec & Ed Tennis offers a rewarding Adult recreational pathway that allows players to develop skills in a fun and social environment. For all classes, no running shoes please. If a player does not have a racquet, instructors will have loaners at class. All classes are held outdoors. UM Varsity may have indoor backup, if available. Rec & Ed Tennis follows the USTA Code of Conduct. Scholarship copays vary from \$5 to \$100 depending on class fee. To learn more about NTRP ratings and our program, visit our homepage: [a2schools.org/recedtennis](http://a2schools.org/recedtennis) All classes are subject to change.

**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.

**TENNIS 201 Beginner/Adv Beginner NTRP 2.0-2.5, Coed** Tennis 201 is for 'graduates' of Tennis 101 or advanced beginner level players returning to tennis. Refine your strokes, gain consistency, and generate more spin, depth and power from the baseline. This is the "bridge" between beginners and our 2.5-3.0 level clinics and leagues.

Class ID	Class	Days	Time	Dates	# Classes	Location	Fee
<a href="#">3610.521</a>	Tennis 101	Tu	9:00AM-10:30AM	9/13-10/11	5	UM Varsity	\$145
<a href="#">3610.541</a>	Tennis 101	Th	4:15PM-5:30PM	9/15-10/13	5	Tappan	\$115
<a href="#">3610.522</a>	Tennis 201	Tu	10:30AM-12:00PM	9/13-10/11	5	UM Varsity	\$145
<a href="#">3610.542</a>	Tennis 201	Th	5:30PM-7:00PM	9/15-10/13	5	Tappan	\$125

### CLINICS - NTRP Level-specific (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.*

**NEW! "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.

**NEW! "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!

Class ID	Class/Level	Day	Time	Dates	#Classes	Location	Fee	Instructor
<a href="#">3602.521</a>	Next Level Clinic NTRP 2.5-3.0	Wed	9:00AM-10:30AM	9/14-10/12	5	UM Varsity	\$150	Greg Lambert
<a href="#">3602.522</a>	All Together Clinic NTRP 3.0-3.5	Wed	10:30AM-12:00PM	9/14-10/12	5	UM Varsity	\$150	Greg Lambert
<a href="#">3602.511</a>	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	9/12-10/10	5	UM Varsity	\$150	Fode Camara
<a href="#">3602.531</a>	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	9/14-10/12	5	UM Varsity	\$150	Fode Camara
<a href="#">3602.512</a>	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	9/12-10/10	5	UM Varsity	\$150	Fode Camara
<a href="#">3602.532</a>	Women's Clinic NTRP 3.5	Wed	10:30AM-12:00PM	9/14-10/12	5	UM Varsity	\$150	Fode Camara
<a href="#">3602.541</a>	Men's Clinic NTRP 3.5-4.0	Thur	10:30AM-12:00PM	9/15-10/13	5	UM Varsity	\$150	Fode Camara

<a href="#">3602.551</a>	Women's Clinic NTRP 4.0	Fri	10:30AM-12:00PM	9/16-10/14	5	UM Varsity	\$150	Fode Camara
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**CARDIO TENNIS\*, Coed Level-specific:** NTRP 2.5-3.0; NTRP 3.0 and higher; NTRP 3.5-4.0

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.* **Instructor: Fode Camara (Classes limited to eight participants)**

Class ID	Class	Days	Time	Dates	# Classes	Location	Fee
<a href="#">3606.571</a>	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	9/11 -10/09	5	UM Varsity	\$120
<a href="#">3606.572</a>	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	9/11 -10/09	5	UM Varsity	\$120
<a href="#">3606.573</a>	Cardio Tennis NTRP 3.0+	Sun	12:00PM-1:00PM	9/11 -10/09	5	UM Varsity	\$120
<a href="#">3606.521</a>	Cardio Tennis NTRP 2.5-3.0	Tues	10:00AM-11:00AM	9/13-10/11	5	UM Varsity	\$120
<a href="#">3606.522</a>	Cardio Tennis NTRP 3.5-4.0	Tues	11:00AM-12:00PM	9/13 -10/11	5	UM Varsity	\$120
<a href="#">3606.551</a>	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	9/16 -10/14	5	UM Varsity	\$120

**Rec & Ed Fall 2022 Registration begins August 15, 2022**

**For more information, visit our website: [www.a2schools.org/recedtennis](http://www.a2schools.org/recedtennis) or contact [adulthoodtennis@a2school.org](mailto:adulthoodtennis@a2school.org)**

***\*All programs at UM Varsity are scheduled outdoors, but may use indoor backup when available. Players must abide by UM and AAPS Mask rules if they are in place.***

**\*\*Players playing at AAPS sites must adhere to AAPS policies and procedures at time of program regarding social distancing measures and mask requirements. Registered participants will be notified by email with policy and procedure updates. Classes are held outdoors. For weather related cancellations, view [Tennis Calendar](#) and check email.\*\***

***The Indoor Fall Tennis Program (Nov-Dec) will be published separately.***