



Adult Tennis - Summer 2022 Classes & Clinics

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. No indoor backup. Rec & Ed Tennis follows the USTA Code of Conduct. Scholarship copays vary from \$5 to \$50 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 (Previously Start/Restart) Tennis 101 is for new players or those returning to the game after a lengthy break. Players learn fundamentals -- groundstrokes, volleys and serving, 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 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
3610.421	Tennis 101	Tu&Th	6:00PM-7:30PM	6/21-7/14 No class 7/5 & 7/7	6	Tappan	\$129
3610.423	Tennis 101	Tues	6:00PM-7:30PM	7/19-8/16	5	Tappan	\$109
3610.461	Tennis 101	Sat	9:00AM-10:30AM	7/16-8/13	5	Tappan	\$109
3610.422	Tennis 201	Tu&Th	7:30PM-9:00PM	6/21-7/14 No class 7/5 & 7/7	6	Tappan	\$129
3610.424	Tennis 201	Tues	7:30PM-9:00PM	7/19-8/16	5	Tappan	\$119

Cardio Drill & Play NTRP 2.5-3.0 (Advanced Beginner/Interm) and NTRP 3.5-4.0 (Intermediate/Advanced)

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. **Instructor: Fode Camara**

Class ID	Class	Days	Time	Dates	# Classes	Location	Fee
3604.422	Cardio Drill & Play Coed NTRP 3.5-4.0	Tues	9:00AM-10:30AM	7/26-8/16	4	VTC	\$115
3604.442	Cardio Drill & Play Coed NTRP 2.5-3.0	Thurs	9:00AM-10:30AM	7/28-8/18	4	VTC	\$115
3604.433	Cardio Drill + Play NTRP 2.5-3.0	Wed	5:00PM - 6:30PM	7/27-8/17	4	VTC	\$125
3604.434	Cardio Drill + Play NTRP 3.5 - 4.0	Wed	6:30PM - 8:00PM	7/27-8/17	4	VTC	\$125

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

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

Coed Clinics

"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!

Class ID	Class	Day	Time	Dates	#Classes	Location	Fee	Instructor
3602.431	Next Level Clinic NTRP 2.5-3.0	Wed	9:00AM-10:30AM	6/22-7/27 No class 7/6	5	VTC	\$139	Greg Lambert
3602.432	All Together Clinic NTRP 3.0-3.5	Wed	10:30AM-12:00PM	6/22-7/27 No class 7/6	5	VTC	\$165	Greg Lambert

Men's Clinics

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

Class ID	Class	Day	Time	Dates	#Classes	Location	Fee	Instructor
3602.442	Men's Clinic NTRP 3.5-4.0	Thurs	10:30AM-12:30PM	7/28-8/18	4	VTC	\$135	Fode Camara

Women's Clinics

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

Class ID	Class	Day	Time	Dates	#Classes	Location	Fee	Instructor
3602.413	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	7/25-8/15	4	VTC	\$115	Fode Camara
3602.414	Women's Clinic NTRP 2.5	Mon	10:30AM-12:00PM	7/25-8/15	4	VTC	\$115	Fode Camara
3602.453	Women's Clinic NTRP 3.0	Fri	9:00AM-10:30AM	7/29-8/19	4	VTC	\$115	Fode Camara
3602.454	Women's Clinic NTRP 4.0	Fri	10:30AM-12:30PM	7/29-8/19	4	VTC	\$135	Fode Camara

Rec & Ed Summer 2022 Registration begins May 23rd, 2022 at 10am

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