



# Adult Tennis - Spring 2023 Program

Apr-May

Revised 3/31/23

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](http://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	Location
<a href="#">3610.721</a>	Tennis 101	Tue	9:00AM-10:30AM	4/11-5/16	6	\$169	Staff	VTC
<a href="#">3610.741</a>	Tennis 101	Thur	5:30PM-7:00PM	4/13-5/18	6	\$169	Staff	Tappan
<a href="#">3610.722</a>	Tennis 201	Tue	10:30AM-12:00PM	4/11-5/16	6	\$169	Staff	VTC
<a href="#">3610.771</a>	Tennis 201	Sun	1:30PM-3:00PM	4/16-5/14	5	\$169	Staff	Pioneer

## 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!

Class ID	Class/Level	Day	Time	Dates	#Classes	Fee	Instructor	Location
<a href="#">3602.731</a>	Next Level Clinic Coed NTRP 2.5-3.0	Wed	9:00AM-10:30AM	4/12-5/17	6	\$169	Renee Hand	VTC
<a href="#">3602.732</a>	All Together Clinic Coed NTRP 3.0-3.5	Wed	10:30AM-12:00PM	4/12-5/17	6	\$169	Renee Hand	VTC

<a href="#">3602.711</a>	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	4/10-5/15	6	\$169	Fode Camara	VTC
<a href="#">3602.733</a>	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	4/12-5/17	6	\$169	Fode Camara	VTC
<a href="#">3602.734</a>	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	4/12-5/17	6	\$169	Fode Camara	VTC
<i>Canceled</i>	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	4/10-5/15	6	\$169	Fode Camara	VTC
<a href="#">3602.741</a>	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	4/13-5/18	6	\$209	Fode Camara	VTC
<a href="#">3602.751</a>	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	4/14-5/19	6	\$169	Fode Camara	VTC
<a href="#">3602.771</a>	Co-Ed Clinic 2.5-3.0	Sun	3:00PM-4:30PM	4/16-5/14	6	\$169	Renee Hand	Pioneer

## CARDIO TENNIS\* & CARDIO DRILL & PLAY\*

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

\*At this time (3/1), *only 5 players are allowed in a Cardio or Cardio Drill & Play class.*

\*\*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
<a href="#">3606.771</a>	Cardio Tennis NTRP 3.0+higher	Sun	9:00AM-10:00AM	4/16-5/14	5	\$135	Skyline
<a href="#">3606.772</a>	Cardio Tennis NTRP 3.0+higher	Sun	10:00AM-11:00AM	4/16-5/14	5	\$135	Skyline
<a href="#">3606.773</a>	Cardio Tennis NTRP 3.0+higher	Sun	11:00AM-12:00PM	4/16-5/14	5	\$135	Skyline
<a href="#">3606.721</a>	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	4/11-5/16	6	\$185	VTC
<a href="#">3606.722</a>	Cardio Tennis NTRP 3.5-4.0	Tues	10:30AM-12:00PM	4/11-5/16	6	\$185	VTC
<a href="#">3606.751</a>	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	4/14-5/19	6	\$155	VTC
<a href="#">3604.731</a>	Cardio Drill & Play NTRP 2.5-3.0	Wed	6:00PM - 7:30PM	4/12-5/17	6	\$185	VTC
<a href="#">3604.732</a>	Cardio Drill & Play NTRP 3.5-4.0	Wed	7:30PM - 9:00PM	4/12-5/17	6	\$185	VTC

**Registration begins March 1, 2023 at 10am**

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

\*\*Participants playing at UM Varsity Tennis Center (VTC) must adhere to VTC policies and procedures at time of program regarding mask and check in requirements. 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.