

Adult Tennis - Fall 2024 Outdoor and Indoor Program

REVISED 09/09/24



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 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.*

TENNIS 301 Advanced NTRP 3.0, Coed Ideal for the advanced player 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.**

Class ID	Class	Days	Time	Dates	# Classes	Location	Fee	Instructor
3610.521	Tennis 101	Tues	9:00AM-10:30AM	9/10-10/22	7	UM Varsity	\$198	Renee Hand
3610.523	Tennis 101	Tues	9:00AM-10:30AM	10/29-12/17 NO CLASS 11/5	7	UM Varsity	\$198	Renee Hand
3610.511	Tennis 101	Mon	6:00PM-7:30PM	9/9-10/21	7	Tappan	\$182	STAFF
3610.551	Tennis 101	Fri	7:00PM-8:30PM	11/01-12/20 NO CLASS 11/29	7	UM Varsity	\$198	STAFF
3610.522	Tennis 201	Tues	10:30AM-12:00PM	9/10-10/22	7	UM Varsity	\$198	Renee Hand
3610.524	Tennis 201	Tues	10:30AM-12:00PM	10/29-12/17 NO CLASS 11/5	7	UM Varsity	\$198	Renee Hand
3610.571	Tennis 201	Sun	1:30PM-3:00PM	9/8-10/15	6	Pioneer	\$170	Renee Hand
3610.573	Tennis 201	Sun	1:30PM-3:00PM	10/27-12/15 NO CLASS 12/1	7	UM Varsity	\$198	Renee Hand
3610.572	Tennis 301	Sun	3:00PM-4:30PM	9/8-10/13	6	Pioneer	\$168	Renee Hand
3610.574	Tennis 301	Sun	3:00PM-4:30PM	10/27-12/15 NO CLASS 12/1	7	UM Varsity	\$198	Renee Hand



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.*

*******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	# of Classes	Location	Fee	Instructor
3602.511	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	9/23-10/28	6	UM Varsity	\$198	Fode Camara
3602.513	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	11/4-12/16	7	UM Varsity	\$224	Fode Camara
Sorry. class Canceled	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	9/25-10/30 NO CLASS 10/2	5	UM Varsity	\$165	Fode Camara
3602.533	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	11/6-12/18 NO CLASS 11/27	6	UM Varsity	\$198	Fode Camara
3602.532	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	9/25-10/30 NO CLASS 10/2	5	UM Varsity	\$165	Fode Camara
3602.534	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	11/6-12/18 NO CLASS 11/27	6	UM Varsity	\$198	Fode Camara
3602.551	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	11/1-12/20 NO CLASS 11/29	7	UM Varsity	\$231	Fode Camara
Sorry. class Canceled	Co-Ed Clinic NTRP 3.5	Mon	10:30AM-12:00PM	9/23-10/28	6	UM Varsity	\$198	Fode Camara
3602.514	Co-Ed Clinic NTRP 3.5	Mon	10:30AM-12:00PM	11/4-12/16	7	UM Varsity	\$224	Fode Camara
3602.541	Men's Clinic NTRP 4.0	Thur	10:00AM-12:00PM	9/26-10/31 NO CLASS 10/3	5	UM Varsity	\$205	Fode Camara
3602.542	Men's Clinic NTRP 4.0	Thur	10:00AM-12:00PM	11/7-12/19 NO CLASS 11/28	6	UM Varsity	\$231	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
 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)**

*******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	# of Classes	Location	Fee
3606.551	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	9/13 -10/25	7	UM Varsity	\$189
3606.552	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	11/1-12/20 NO CLASS 11/29	7	UM Varsity	\$189
3606.571	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	9/8-10/20	7	UM Varsity	\$189
3606.572	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	9/8 -10/20	7	UM Varsity	\$189
3606.573	Cardio Tennis NTRP 3.0+	Sun	12:00PM-1:00PM	9/8 -10/20	7	UM Varsity	\$189
3606.574	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	10/27-12/15 NO CLASS 12/1	7	UM Varsity	\$189
3606.575	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	10/27-12/15 NO CLASS 12/1	7	UM Varsity	\$189
3606.576	Cardio Tennis NTRP 3.0+	Sun	12:00PM-1:00PM	10/27-12/15 NO CLASS 12/1	7	UM Varsity	\$189
3604.521	Cardio Drill+Play NTRP 2.5-3.0	Tues	9:00AM-10:30AM	9/10 -10/22	7	UM Varsity	\$224
3604.523	Cardio Drill+Play NTRP 2.5-3.0	Tues	9:00AM-10:30AM	10/29-12/17 NO CLASS 11/5	7	UM Varsity	\$224
3604.531	Cardio Drill+Play NTRP 2.5-3.0	Wed	6:00PM-7:30PM	<i>Now</i> <i>9/18-10/23</i>	6	UM Varsity	\$224
3604.533	Cardio Drill+Play NTRP 2.5-3.0	Wed	6:00PM-7:30PM	11/6-12/18 NO CLASS 11/27	6	UM Varsity	\$198
<i>Sorry, this class is Canceled</i>	Cardio Drill+Play NTRP 3.5-4.0	Tues	10:30AM-12:00PM	9/24 -10/29	6	UM Varsity	\$198
3604.524	Cardio Drill+Play NTRP 3.5-4.0	Tues	10:30AM-12:00PM	11/12-12/17	6	UM Varsity	\$198
3606.532	Cardio Drill+Play NTRP 3.5-4.0	Wed	7:30PM-9:00PM	9/25-10/30	6	UM Varsity	\$198
3604.534	Cardio Drill+Play NTRP 3.5-4.0	Wed	7:30PM-9:00PM	11/6-12/18 NO CLASS 11/27	6	UM Varsity	\$198

Rec & Ed Fall 2024 Registration begins August 6, 2024 at 10am.

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

For classes that are held outdoors, view weather related cancellations, view [Tennis Calendar](#), and check email.