



Adult Tennis - Winter 2022 Program

Jan-March @ UM Varsity Tennis Center

Revised 12/12/21

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.

Participants must be willing to comply with UM mask policies, including wearing a mask while playing.

-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
3610.225	Tennis 101	Tu	9:00AM-10:30AM	1/11-2/15	6	\$169	Staff
3610.226	Tennis 101	Tu	9:00AM-10:30AM	2/22-3/22	5	\$139	Staff
3610.265	Tennis 101	Sat	1:00PM-2:30PM	1/29-3/19 No class 2/5, 3/12	6	\$169	Staff
3610.227	Tennis 201	Tu	10:30AM-12:00PM	1/11-2/15	6	\$169	Staff
3610.228	Tennis 201	Tu	10:30AM-12:00PM	2/22-3/22	5	\$139	Staff
3610.266	Tennis 201	Sat	2:30PM-4:00PM	1/29-3/19 No class 2/5, 3/12	6	\$169	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!

Class ID	Class/Level	Day	Time	Dates	#Classes	Fee	Instructor
3602.233	Next Level Clinic NTRP Coed 2.5-3.0	Wed	9:00AM-10:30AM	1/12-2/16	6	\$169	Greg Lambert

3602.234	Next Level Clinic NTRP Coed 2.5-3.0	Wed	9:00AM-10:30AM	2/23-3/23	5	\$139	Greg Lambert
3602.235	All Together Clinic NTRP Coed 3.0-3.5	Wed	10:30AM-12:00PM	1/12-2/16	6	\$169	Greg Lambert
3602.236	All Together Clinic NTRP Coed 3.0-3.5	Wed	10:30AM-12:00PM	2/23-3/23	5	\$139	Greg Lambert
3602.215	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	1/10-2/14	6	\$169	Fode Camara
3602.216	Women's Clinic NTRP 3.0	Mon	9:00AM-10:00AM	2/21-3/21	5	\$139	Fode Camara
3602.237	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	1/12-2/16	6	\$169	Fode Camara
3602.238	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	2/23-3/23	5	\$139	Fode Camara
3602.217	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	1/10-2/14	6	\$169	Fode Camara
3602.218	Women's Clinic NTRP 3.5	Mon	10:30AM-12:00PM	2/21-3/21	5	\$139	Fode Camara
3602.245	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	1/13-2/17	6	\$209	Fode Camara
3602.246	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	2/24-3/24	5	\$175	Fode Camara
3602.255	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	1/21-2/18 No class 2/11	4	\$139	Fode Camara
3602.256	Women's Clinic NTRP 4.0	Fri	10:00AM-12:00PM	2/25-3/25	5	\$175	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

*At this time (12/21), *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
3606.275	Cardio Tennis NTRP 3.0+higher	Sun	9:00AM-10:00AM	1/30-3/6 No class 2/20	5	\$109
3606.276	Cardio Tennis NTRP 3.0+higher	Sun	10:00AM-11:00AM	1/30-3/6 No class 2/20	5	\$109
3606.277	Cardio Tennis NTRP 3.0+higher	Sun	11:00AM-12:00PM	1/30-3/6 No class 2/20	5	\$109

3606.225	Cardio Tennis NTRP 2.5-3.0	Tues	10:00AM-11:00AM	1/11-2/15	6	\$125
3606.226	Cardio Tennis NTRP 3.5-4.0	Tues	11:00AM-12:00PM	2/22-3/22	5	\$109
3606.255	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	1/21-2/18 No class 2/11	4	\$89
3606.256	Cardio Tennis NTRP 2.5-3.0	Fri	9:00AM-10:00AM	2/25-3/25	5	\$109
3604.235	Cardio Drill & Play NTRP 2.5-3.0	Wed	6:00PM - 7:30PM	1/12-2/16	6	\$185
3604.237	Cardio Drill & Play NTRP 2.5-3.0	Wed	6:00PM - 7:30PM	2/23-3/23	5	\$155
3604.236	Cardio Drill & Play NTRP 3.5-4.0	Wed	7:30PM - 9:00PM	1/12-2/16	6	\$185
3604.238	Cardio Drill & Play NTRP 3.5-4.0	Wed	7:30PM - 9:00PM	2/23-3/23	5	\$155

Registration begins December 13, 2021

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