

NEW 2023 ADULT INSTRUCTIONAL PROGRAM

NATIONAL TENNIS RATING PROGRAM (NTRP)

The Adult Instructional Pathway includes six different class levels. The curriculum is designed to help students move to next level up. The following descriptions will help the student choose the correct class level.

2.0 (beginner)

This player is relatively new to the game. Stroke fundamentals, court positioning, and basic rules and scoring are learned.

2.5 (advanced beginner)

This student is learning to keep the ball in play but needs to improve court positioning and consistency.

3.0 (low intermediate)

This student can play singles and doubles, but needs to improve net play and basic tactics.

3.5 (intermediate)

This player has dependable strokes, but lacks depth and variety. This player lacks consistency when trying for power.

4.0 (advanced intermediate)

This player is developing the use of lobs, overheads, approach shots and volleys, and is seldom out of position in singles or doubles.

4.5+ (advanced)

This player has begun to hit with power, spin, depth and control. The serve can be a weapon, and he/she can move into net position with success in singles and doubles.

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEN'S HIT & PLAY 7:00 – 8:30 am Lau & Jimmy (3.5-4.5)	MEN'S CLINIC 7:00 – 8:30 am Mauricio (3.0-3.5)	MEN'S HIT & PLAY 7:00 – 8:30 am Lau & Jimmy (4.0-5.0)	MEN'S CLINIC 7:00 – 8:30 am Mauricio (3.0-3.5)	MEN'S HIT & PLAY 7:00 – 8:30 am Lau & Jimmy (3.5-4.5)	MEN'S HIT & PLAY 7:30 – 9:00 am Jimmy & Javi (4.0-5.0)	DRILL & PLAY + KIDS CLINIC 9:30 – 11:00 am (ALL LEVELS)
CARDIO TENNIS 8:30 – 9:30 am Lau (ALL LEVELS)	HIGH ENERGY 8:30 – 9:30 am Mauricio (ALL LEVELS)	CARDIO TENNIS 8:30 – 9:30 am Lau (ALL LEVELS)	HIGH ENERGY 8:30 – 9:30 am Mauricio (ALL LEVELS)	CARDIO TENNIS 8:30 – 9:30 am Lau (ALL LEVELS)	DRILL & PLAY + KIDS CLINIC 9:00 – 10:30 am Javi, Alex, Ale (ALL LEVELS)	
HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Javi & Ale (ALL LEVELS)	B2 CLINIC (Team players only) 8:30 – 10:00 am Ale	HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Jimmy & Javi (ALL LEVELS)		HIGH INTENSITY DRILL & PLAY (Max 4 players per court) 9:00 – 10:30 am Jimmy & Javi (ALL LEVELS)		
A2 CLINIC (Team players only) 9:00 – 10:30 am Jimmy						
B1 CLINIC (Team players only) 9:00 – 10:30 am Stewart		----- MEN'S NIGHT 6:00 – 7:30 pm Ale (ALL LEVELS)				

CLASS REGISTRATION AVAILABLE ON THE APP

CLASS FEE: 1.5 hour: \$45 per class / 1 hour: \$30 per class / High Intensity D&P: \$55 per class