

ADULT TENNIS PROGRAMS

MIDTOWN
ATHLETIC CLUB®

2011-12

Fall session 1: 9 weeks September 6-November 6

Fall session 2: 11 weeks November 7-January 29 (NO CLASSES 11/24-25 and 12/24-1/1)

Winter session: 11 weeks January 30-April 15

Spring session: 8 weeks April 16-June 10

Cost: \$18 per hour or \$27 for 1.5 hour class (Coach and Play \$20 per 1.5 hours). Amount will be multiplied by the number of weeks in particular session.

2.1-2.5 (Beginner)

The student is learning the fundamentals of the game. Improve grips and technical swing shapes for various strokes. Learn basic positioning, scoring and fundamental tactics for singles and doubles.

- Tuesday 6-7:30 pm Thursday 9:30-11 am Thursday 6-7:30 pm

2.6-3.0 (Lower Intermediate)

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

- Tuesday 6-7:30 pm Wednesday 9:30-11 am Saturday 10-11:30 am

3.1-3.5 (Intermediate)

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

- Monday 6-7 am Tuesday 9:30-11 am Thursday 11-12:30 pm Friday 6-7 am

3.6-4.0 (Advanced Intermediate)

Player has improved court coverage and is developing teamwork in doubles. This player has dependable strokes, but lacks depth and variety. Also needs to improve consistency when trying for power.

- Monday 6-7:30 pm Tuesday 9:30-11 am Thursday 7:30-9 pm Saturday 8:30-10 am

4.1-5.0 (Advanced)

See drop in and tournament schedule

Rise and Shine

An aggressive work out for skilled players. Emphasis is on movement, forecourt play and the development of strong defensive skills.

- Tuesday / Thursday 3.5+ level Tuesday 6-7 am Thursday 6-7 am
- Wednesday 2.6-3.5 level Wednesday 6-7 am
- Saturday 3.1-4.0 level Saturday 8:30-10 am

Drop In Classes (pay as you go)

Cardio Tennis (all levels, \$13 each time or \$100 for a 10-pack)

- Monday 1-2pm and 6-7pm Wednesday 9:30-10:30am Thursday 6-7pm
- Saturday 9-10am Sunday 10-11am

Drill and Play (singles and doubles drills followed by point play, \$20 each time)

- Monday 9:30-11am (3.0+) Monday 7-8:30pm (4.0+) Wednesday 12-1:30pm (3.5+)
- Friday 9:30-11am (4.0+) Friday 6-7:30pm (below 3.0) Friday 6-7:30 (3.0+)

Quick Hits (30 minutes of dedicated focus on individual strokes, \$5 each time)

- Wednesday 7-7:30pm Thursday 9-9:30am Friday 9-9:30am

For more information or questions contact Laramie Gavin at laramie.gavin@midtown.com or 461.2301 ext. 236

Name _____ Email _____ Phone _____

- Fall I Fall II Winter Spring

Method of Payment: Midtown House Account Check Cash Gift Card Visa MasterCard Amex Discover

Credit Card _____ Exp. _____

Signature _____ Date _____

Please note: No credit for missed classes. Make-ups will be offered, but are not guaranteed. All make ups must be completed before the end of the session.