

# Adults

## Days



### TUESDAY MORNING CLINIC

at Newton Centre Playground (Clay Courts)

May 4, 11, 18, 25 • June 1, 8, 15

Time	Level	Cost per 7 class session
9:00-10:00 am	Beginner, Adv. Beginner, Low Intermediate	\$142
10:00-11:00 am	Intermediate	\$142
<b>Cardio Tennis</b>		
11:00-12:00 noon	Intermediate-Advanced	\$142

### WEDNESDAY MORNING CLINIC

at Newton Centre Playground (Clay Courts)

May 5, 12, 19, 26 • June 2, 9, 16

Time	Level	Cost per 7 class session
9:00-10:00 am	Beginner, Adv. Beginner, Low Intermediate	\$142
10:00-11:00 am	Intermediate	\$142
<b>Shot of the Week</b>		
11:00-12:00 noon	Intermediate- Advanced Intermediate	\$142

### THURSDAY MORNING CLINIC

at Newton Centre Playground (Clay Courts)

May 6, 13, 20, 27 • June 3, 10, 17

Time	Level	Cost per 7 class session
9:00-10:00 am	Beginner, Adv. Beginner, Low Intermediate	\$142
10:00-11:00 am	Intermediate	\$142
<b>Cardio Tennis</b>		
11:00-12:00 noon	Intermediate-Advanced	\$142

### MONDAY and THURSDAY ROUND ROBINS

at Newton Centre Playground (Clay Courts)

(We reserve the right to move any player to appropriate level)

**Mondays** – May 3, 10, 17, 24 • June 7, 14, 21

Time	Level	Cost
9:00-10:30 am	Intermediate	\$65
10:30-12:00 noon	Advanced Intermediate	\$65

**Thursdays** – May 6, 13, 20, 27 • June 3, 10, 17

Time	Level	Cost
1:00-2:30 pm	Intermediate	\$65

### ADULT PROGRAM TYPES

**CLINICS.** Fun group lessons with lots of hitting. Attention to detail on forehand, backhand, volley, serve and overhead. Play at the end of each clinic. We keep you moving and having fun while you improve your game.

**SHOT OF THE WEEK.** High Energy Workout focused on one particular shot each week. Forehand, Backhand, Serve, Volley, Overhead, Return of Serve. Work on each of your shots, intensively, then put them into play. The basic format each week is warm up, review past weeks work, shot of the day, play points.

*The following play programs have one teaching professional and a variable number of players.*

**CARDIO TENNIS.** Get your Aerobic Workout hitting tennis balls. Warm up-then hit notstop for 40 minutes, then cool down and stretch. emphasis on continuous motion, heart rate, hitting hitting hitting. Players looking for technical instruction should stick to the clinics described above. Cardio Tennis is for players intermediate and up.

**PLAY AND LEARN.** Game and Point Playing for Adv. Beginner-Low Intermediate with the help of a coach. Great practice for students already in clinics. If not in a clinic, player must have basic abilities. This is not a clinic on fundamentals. This is a chance to use what you are learning.

**DRILL & PLAY.** Fast-paced drilling with hitting partners. Then Matchplay with pointers from the pro. *Great Fun-Great work out.*

**ROUND ROBINS.** Just show up and play! We provide the partners. Play different people in each round. A really fun way to get practice.

# Adults

## Evenings & Sunday



### MONDAY EVENING CLINIC

at Newton South High School

May 3, 10, 17, 24 • June 7, 14, 21

Time	Level	Cost per 7 class session
6:30-7:30 pm	Beg.-Low Intermediate	\$142
7:30-8:30 pm	Intermediate	\$142
8:30-9:30 pm	Adv. Intermediate-Advanced	\$142

### TUESDAY EVENING CLINIC

at Newton South High School

May 4, 11, 18, 25 • June 1, 8, 15

Time	Level	Cost per 7 class session
6:30-7:30 pm	Beg.-Low Intermediate	\$142
7:30-8:30 pm	Intermediate	\$142
8:30-9:30 pm	Advanced Intermediate	\$142

### WEDNESDAY EVENING CLINIC

at Newton South High School

May 5, 12, 19, 26 • June 2, 9, 16

Time	Level	Cost per 7 class session
6:30-7:30 pm	Beg.-Low Intermediate	\$142
7:30-8:30 pm	Intermediate	\$142
<b>Cardio Tennis</b> 8:30-9:30 pm	Intermediate- Adv. Intermediate	\$142

### FRIDAY EVENING PLAY

at Newton South High School

May 7, 14, 21, 28 • June 4, 11, 18

Time	Level	Cost per 7 class session
<b>Play &amp; Learn</b> 6:30-7:30 pm	Adv. Beginner- Low Intermediate	\$70
<b>Round Robin</b> 7:30-9:00 pm	Intermediate-Advanced	\$65 \$14 per diem

### SUNDAY EVENING CLINIC

at Newton South High School

May 2, 9, 16, 23, 30 • June 6, 13, 20

Time	Level	Cost per 8 class session
<b>Drill &amp; Play</b> 4:00-5:30 pm	Advanced Intermediate	\$134
<b>Clinic</b> 5:30-6:30 pm	Beginner-Adv. Beginner	\$162
6:30-7:30 pm	Adv. Beginner- Low Intermediate	\$162
7:30-8:30 pm	Intermediate-Advanced	\$162

## ADULT PLAYER LEVELS

### Which level fits you best?

<b>Beginner</b>	New player. Less than a years' experience.
<b>Advanced Beginner</b>	Starting to hit forehand, backhand, and serve. Starting to rally back and forth and play points.
<b>Low Intermediate</b>	Starting to put serve in consistently. Developing consistency on ground strokes. Has an understanding of basic strategy but not necessarily able to execute yet.
<b>Intermediate</b>	Becoming more confident. Starting to develop power on at least one side (FH or BH). Can execute basic strategies of singles and doubles.
<b>Advanced Intermediate</b>	Consistent and hits with some power. Able to solidly execute basic strategies.
<b>Advanced Player</b>	Has power, control, variety, and competitive experience.