



# Fall Tennis 2019 for Adults

Sign up at [www.newtontennis.com](http://www.newtontennis.com)

## MONDAY ROUND ROBINS

**MONDAYS at Newton Centre Playground (Clay Courts)**

Sept. 9, 16, 23 • Oct. 7, 21 Cost per  
**Time** **Level** **5 class session**

**Round Robin**

9:00-10:30 am Adv. Beg-Low Intermediate \$110  
 10:30 am-12:00 noon Advanced Intermediate \$110

*(At the discretion of staff, players may be asked to move based on level)*

## TUESDAY MORNINGS

**at Newton Centre Playground (Clay Courts)**

Sept. 10, 17, 24 • Oct 1, 8, 15, 22 Cost per  
**Time** **Level** **7 class session**

**Clinic**

9:00-10:00 am Beginner-Low Intermediate \$203  
 10:00-11:00 am Intermediate \$203

**Cardio**

11:00 am-12:00 noon Intermediate-Advanced \$203

## WEDNESDAY MORNINGS

**at Newton Centre Playground (Clay Courts)**

Sept. 11, 18, 25 • Oct. 2, 16, 23 Cost per  
**Time** **Level** **6 class session**

**Clinic**

9:00-10:30 am Intermediate \$261  
 10:30-12:00noon Beginner-Low Intermediate \$261

## THURSDAY MORNINGS

**at Newton Centre Playground (Clay Courts)**

Sept. 12, 19, 26 • Oct. 3, 10, 17, 24 Cost per  
**Time** **Level** **7 class session**

**Clinic**

9:00-10:30 am Beginner-Low Intermediate \$298  
 10:30-12:00noon Intermediate-Adv. Intermediate \$298

## FRIDAY MORNING

**at Newton Centre Playground (Clay Courts)**

Sept. 13, 20, 27 • Oct. 4, 11, 18, 25 Cost per  
**Time** **Level** **7 class session**

**Joe's Double Strategy Clinic**

9:00-11:00 am - Adv. Intermediate-Advanced \$278

**"Over 55" Intermediate Tennis Brush Up!** For Players 55 yrs and up. With Veteran Tennis Professional Joe Smith. Come and shore up your fundamentals; serve, backhand, volley and overhead.

11:00 am-12noon - Intermediate-Adv. Int. \$203

## MONDAY EVENINGS

**at Newton North High School**

Sept. 9, 16, 23 • Oct. 7, 21 Cost per  
**Time** **Level** **5 class session**

**Clinic**

6:25-7:55 pm Beginner – Low Intermediate \$217

**Cardio**

7:55-9:25 pm Adv. Intermediate-Advanced \$217

## TUESDAY EVENINGS

**at Newton South High School**

Sept. 10, 17, 24 • Oct. 1, 15, 22 Cost per  
**Time** **Level** **6 class session**

**Clinic**

6:30-7:30 pm Beginner-Low Intermediate \$174

**Cardio**

7:30-9:00 pm Intermediate-Advanced \$261

## WEDNESDAY EVENINGS

**at Newton South High School**

Sept. 11, 18, 25 • Oct. 2, 16, 23 Cost per  
**Time** **Level** **6 class session**

**Clinic**

6:30-7:30 pm Intermediate \$174

**Cardio**

7:30-9:00 pm Intermediate-Advanced \$261

## THURSDAY EVENINGS

**at Newton North High School**

Sept. 12, 19, 26 • Oct. 3, 10, 17, 24 Cost per  
**Time** **Level** **7 class session**

**Clinic**

6:30-7:30 pm Beginner-Low Intermediate \$203

**Cardio**

7:30-9:00 pm Intermediate-Advanced \$298

## SUNDAYS

**at Newton South High School**

Sept. 15, 22 • Oct. 6, 13, 20, 27 Cost per  
**Time** **Level** **6 class session**

**Cardio**

4:00-5:00 pm Intermediate-Advanced \$174

**Clinic**

5:00-6:00 pm Beginner-Low Intermediate \$174

**Dave's Doubles Strategy Clinic**

6:00-7:30 pm Intermediate-Advanced \$261



## **Fall Tennis 2019 for Adults**

*Sign up at [www.newtontennis.com](http://www.newtontennis.com)*

### **Adult Program Types**

**Clinics.** Fun group lessons with lots of hitting. Play at the end of each clinic.

**Joe and Dave's Doubles Strategy clinics.**

Warm up for doubles with hitting and strategy drills. Then play matches with expert tips from Joe or Dave.

**"Over 55" Intermediate Tennis Brush Up!**

For Players 55 years and over. With veteran tennis professional Joe Smith. Come shore up your tennis fundamentals; serve, backhand, volley and overhead.

This course is great for intermediates and rusty advanced intermediates who want to get back on the court. Run, laugh, hit and learn with Joe!

**Cardio Tennis.** A real Aerobic Workout!

Warm up then hit non-stop for 40 minutes.

**Round Robins.** Just show up and play! We provide the partners

### **Adult Player Levels**

**Which level fits you best?**

**Beginner:** New player. Less than a year's experience.

**Advanced Beginner:** Starting to hit forehand, backhand, and serve. Starting to rally back and forth and play points.

**Low Intermediate:** Starting to put serve in consistently. Developing consistency on ground strokes. Has an understanding of basic strategy but not necessarily able to execute yet.

**Intermediate:** Becoming more confident. Starting to develop power on at least one side (FH or BH). Can execute basic strategies of singles and doubles.

**Advanced Intermediate:** Able to solidly execute basic strategies. Consistent and hits with some power.

**Advanced:** Player Has power, control, variety, and competitive experience