



SPRING Tennis 2018

ADULT Program Types & Levels

Program Types

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

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

PLAY & LEARN. Game and Point Playing for Advanced Beginner – Low Intermediate.

CARDIO TENNIS. A real Aerobic Workout! Warm up then hit non-stop for 40 minutes.

JOE'S DOUBLE STRATEGY. A high octane mix of hitting and doubles strategy drills, cardio workout and coached matched play.

ROUND ROBINS. Just show up and play! We provide the partners.

READY, SET, SINGLES! Warm up, drill and come out swinging for three competitive rounds of Singles with coaching for Advanced Intermediate and up.

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.

Register at newtontennis.com