

Raleigh Parks & Recreation

Adult Tennis

919.872.4129

FALL 2009

Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$88 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

- #87466 Aug 31-Oct 7 M,W 10:00-11:00am
- #87467 Aug 31-Oct 7 M,W 6:00-7:00pm
- #87450 Sep 1-Oct 8 T,Th 11am-12:00pm
- #87468 Sep 1-Oct 8 T,Th 7:00-8:00pm
- #87469 Sep 5-Oct 10 Sa 9:00-10:00am
- #87451 Oct 26-Dec 2 M,W 10:00-11:00am
- #87452 Oct 26-Dec 2 M,W 6:00-7:00pm
- #87453 Oct 27-Dec 3 T,Th 11am-12:00pm
- #87454 Oct 27-Dec 3 T,Th 7:00-8:00pm
- #87455 Oct 31-Dec 5 Sa 9:00am-10:00am

Lake Lynn Community Center

- #87470 Aug 31-Oct 7 M,W 6:00-7:00pm
- #87471 Sep 5-Oct 10 Sa 9:10:00am
- #87456 Oct 26-Dec 2 M,W 6:00-7:00pm
- #87457 Oct 31-Dec 5 Sa 9:10:00am

Kentwood Park

- #87472 Aug 31-Oct 7 M,W 6:00-7:00pm
- #87473 Sep 5-Oct 10 Sa 10:00-11:00am
- #87458 Oct 26-Dec 2 M,W 6:00-7:00pm
- #87465 Oct 31-Dec 5 Sa 10:00-11:00am

Lions Park

- #87459 Sep 1-Oct 8 T,Th 6:00-7:00pm
- #87460 Sep 5-Oct 10 Sa 10:00-11:00am
- #87461 Oct 27-Dec 3 T,Th 6:00-7:00pm
- #87462 Oct 31-Dec 5 Sa 10:00-11:00am

Biltmore Hills Community Center

- #87463 Sep 1-Oct 8 T,Th 5:30-6:30pm
- #87464 Oct 27-Dec 3 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$88 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

- #87487 Aug 31-Oct 7 M,W 11am-12:00pm
- #87495 Aug 31-Oct 7 M,W 6:00-7:00pm
- #87496 Sep 1-Oct 8 T,Th 10:00-11:00am
- #87497 Sep 1-Oct 8 T,Th 7:00-8:00pm
- #87498 Sep 5-Oct 10 Sa 10:00-11:00am

- #87488 Oct 26-Dec 2 M,W 11:00-12:00pm
- #87489 Oct 26-Dec 2 M,W 6:00-7:00pm
- #87490 Oct 27-Dec 3 T,Th 10:00-11:00am
- #87491 Oct 27-Dec 3 T,Th 7:00-8:00pm
- #87492 Oct 31-Dec 5 Sa 10:00-11:00am

Lake Lynn Community Center

- #87493 Sep 1-Oct 8 T,Th 6:00-7:00pm
- #87494 Oct 27-Dec 3 T,Th 6:00-7:00pm

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

- #87576 Aug 31-Oct 7 M,W 7:00-8:00pm
- #87578 Sep 1-Oct 8 T,Th 6:00-7:00pm
- #87579 Sep 5-Oct 10 Sa 11:00-12:00pm
- #87573 Oct 26-Dec 2 M,W 7:00-8:00pm
- #87574 Oct 27-Dec 3 T,Th 6:00-7:00pm
- #87575 Oct 31-Dec 5 Sa 11am-12:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$88 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

- #87588 Sep 1-Oct 8 T,Th 6:00-7:00pm
- #87584 Sep 5-Oct 10 Sa 12:00-1:00pm
- #87585 Oct 27-Dec 3 T,Th 6:00-7:00pm
- #87587 Oct 31-Dec 5 Sa 12:00-1:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle+get ready to run. Fee: \$88

Millbrook Exchange Tennis Center

- #87593 Aug 31-Oct 7 M,W 7:00-8:00pm
- #87592 Oct 26-Dec 2 M,W 7:00-8:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class Fee: \$48

- #87435 Sep 1-Oct 6 T 9:30-10:30am
- #87436 Sep 3-Oct 8 Th 9:30-10:30am
- #87437 Sep 4-Oct 9 F 9:30-10:30am
- #87438 Oct 27-Dec 1 T 9:30-10:30am
- #87439 Oct 29-Dec 3 Th 9:30-10:30am
- #87440 Oct 30-Dec 4 F 9:30-10:30am

Adult Competition

Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location.

Class Fee: \$24

Aug 24-Nov 2

Nov 30-Feb 8

- | | |
|---------------------------|---------------------------|
| #86287 Women's 2.5 | #86302 Women's 2.5 |
| #86288 Women's 3.0 | #86303 Women's 3.0 |
| #86289 Women's 3.5 | #86304 Women's 3.5 |
| #86290 Women's 4.0 | #86305 Women's 4.0 |
| #86291 Women's 4.5 | #86306 Women's 4.5 |
| #86293 Men's 3.0 | #86297 Men's 3.0 |
| #86283 Men's 3.5 | #86299 Men's 3.5 |
| #86284 Men's 4.0 | #86300 Men's 4.0 |
| #86285 Men's 4.5 | #86301 Men's 4.5 |
| #86286 Coed Open | #86295 Coed Open |

Doubles Ladder

Fee: \$24 or \$14 if registered for Single's Ladder

Mixed Doubles #88236 Aug 24-Nov 2

Women's 3.5 Doubles #86269 Nov 23-Feb 1

Women's 4.0 Doubles #86270 Nov 23-Feb 1

Men's 4.0 Doubles #86271 Nov 23-Feb 1

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quadrant. All players are responsible for being present or to have a substitute present. New balls will be provided each week.

Class Fee: \$35

- #87335 Sep 2-Nov 11 W 9:30am-11:30am
- #87334 Dec 2-Feb 24 W 10:00am-12:00pm

RATL Fall Mixed Doubles League

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Matches begin the week of September 7th. Teams must sign up in person or by mail.

Class Fee: \$75 Team

Team Fee #87326, #87330

City Teams also pay city court fees

Raleigh Parks & Recreation

Junior Tennis

919.872.4129

FALL 2009

Junior Instruction

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, corekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

Class Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#86052 Aug 31-Oct 7 M,W 4:00-5:00pm
 #86053 Aug 31-Oct 7 M,W 5:00-6:00pm
 #86054 Aug 31-Oct 7 M,W 6:00-7:00pm
 #86055 Sep 1-Oct 8 T,Th 4:00-5:00pm
 #86056 Sep 1-Oct 8 T,Th 5:00-6:00pm
 #86057 Sep 1-Oct 8 T,Th 6:00-7:00pm
 #86058 Sep 5-Oct 10 Sa 9:00-10:00am
 #86059 Sep 5-Oct 10 Sa 10:00-11:00am
 #86060 Sep 5-Oct 10 Sa 11:00-12:00pm
 #86061 Oct 26-Dec 2 M,W 4:00-5:00pm
 #86062 Oct 26-Dec 2 M,W 5:00-6:00pm
 #86063 Oct 26-Dec 2 M,W 6:00-7:00pm
 #86064 Oct 27-Dec 3 T,Th 4:00-5:00pm
 #86065 Oct 27-Dec 3 T,Th 5:00-6:00pm
 #86066 Oct 27-Dec 3 T,Th 6:00-7:00pm
 #86067 Oct 31-Dec 5 Sa 9:00-10:00am
 #86068 Oct 31-Dec 5 Sa 10:00-11:00am
 #86069 Oct 31-Dec 5 Sa 11:00-12:00pm

Lake Lynn Community Center

#86070 Aug 31-Oct 7 M,W 4:30-5:30pm
 #86071 Sep 1-Oct 8 T,Th 5:00-6:00pm
 #86072 Sep 5-Oct 10 Sa 10-11:00am
 #86073 Oct 26-Dec 2 M,W 4:30-5:30pm
 #86074 Oct 27-Dec 3 T,Th 5:00-6:00pm
 #86075 Oct 31-Dec 5 Sa 10-11:00am

Kentwood Park

#86076 Aug 31-Oct 7 M,W 5:00-6:00pm
 #86077 Sep 5-Oct 10 Sa 9:00-10:00am
 #86078 Oct 26-Dec 2 M,W 5:00-6:00pm
 #86079 Oct 31-Dec 5 Sa 9:00-10:00am

Lions Park

#86080 Sep 1-Oct 8 T,Th 5:00-6:00pm
 #86081 Sep 5-Oct 10 Sa 9:00-10:00am
 #86082 Oct 27-Dec 3 T,Th 5:00-6:00pm
 #86083 Oct 31-Dec 5 Sa 9:00-10:00am

Biltmore Hills Community Center

#86084 Sep 1-Oct 8 T,Th 4:30-5:30pm
 #86085 Oct 27-Dec 3 T,Th 4:30-5:30pm

Tennis Jr Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#86111 Aug 31-Oct 7 M,W 4:00-5:00pm
 #86112 Aug 31-Oct 7 M,W 5:00-6:00pm
 #86113 Sep 1-Oct 8 T,Th 4:00-5:00pm
 #86114 Sep 1-Oct 8 T,Th 5:00-6:00pm
 #86115 Sep 5-Oct 10 Sa 9:00-10:00am
 #86116 Sep 5-Oct 10 Sa 10:00-11:00am

Lake Lynn Community Center

#86121 Sep 1-Oct 8 T,Th 4:00-5:00pm
 #86122 Oct 27-Dec 3 T,Th 4:00-5:00pm

Tennis Jr Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$88 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#86125 Aug 31-Oct 7 M,W 5:00-6:00pm
 #86126 Sep 1-Oct 8 T,Th 4:00-5:00pm
 #86127 Sep 5-Oct 10 Sa 11:00am-12:00pm
 #86128 Oct 26-Dec 2 M,W 5:00-6:00pm
 #86129 Oct 27-Dec 3 T,Th 4:00-5:00pm
 #86130 Oct 31-Dec 5 Sa 11:00am-12:00pm

Tennis Jr Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$88/\$48

Millbrook Exchange Tennis Center

#86131 Sep 1-Oct 8 T,Th 5:00-6:00pm
 #86133 Sep 5-Oct 10 Sa 12:00-1:00pm
 #86132 Oct 27-Dec 3 T,Th 5:00-6:00pm
 #86134 Oct 31-Dec 5 Sa 12:00-1:00pm

Tennis Jr Tournament Team

Age: 8-18yrs. Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments. Contact Kabiru Ibrahim for more information 395-8051. Class Fee: \$288

#86138 Aug 31-Oct 23 M,W,F 4:00-6:00pm #86137 Oct 26-Dec 18 M,W,F 4:00-6:00pm
 #86139 Sep 1-Oct 24 T,Th,Sa 4:00-6:00pm #86140 Oct 27-Dec 19 T,Th,Sa 4:00-6:00pm

Junior Competition

SMASH Junior Team Tennis (JTT)

*USTA membership(\$18) and a local league fee (\$19) are also required. Fees include a team shirt, Smash Tennis Magazine, access to tournaments and a first time tournament fee voucher.

QuickStart 8+under and 10+under

Come to orientation day Saturday August 29, 9am at Sanderson High School tennis courts (Optimist Park) if you need a team to join. Practices start the week of Sept 7th and matches start Sept. 19th. Parents are needed to volunteer as coaches. Class Fee(Coaching Fee): \$0*

14+under and 18+under

Come to try outs Tuesday or Wednesday August 25 or 26 at 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. Practices start the week of Sept 7th and matches start Saturday Sept. 19th. Class Fee(Coaching Fee): \$45* Sept 7-Nov 15

14+under beginner	#86021
14+under intermediate	#86022
18+under beginner	#86023
18+under intermediate	#86024

Tennis Jr Singles Ladder

Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze and Silver levels. There is a list of the other participants and the ladder rules online. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime. Ladder update every Monday. Aug 24-Nov 2 Class Fee: \$0

Bronze #86317 **Silver** #86318

Tennis Jr Match Play

Age: 8-18yrs. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$40

#86025 Sep 4-Oct 9 F 4:00-6:00pm
 #86026 Oct 30-Dec 4 F 4:00-6:00pm

Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$44 Weekday/ \$24 Saturday

Millbrook Exchange Tennis Center

#86033 Aug 31-Oct 7 M,W 4:30-5:00pm
 #86034 Sep 1-Oct 8 T,Th 5:00-5:30pm
 #86035 Sep 5-Oct 10 Sa 11:00-11:30am
 #86036 Sep 5-Oct 10 Sa 11:30am-12:00pm
 #86037 Oct 26-Dec 2 M,W 4:30-5:00pm
 #86038 Oct 27-Dec 3 T,Th 5:00-5:30pm
 #86039 Oct 31-Dec 5 Sa 11:00-11:30am
 #86040 Oct 31-Dec 5 Sa 11:30am-12:00pm

Lake Lynn Community Center

#86041 Aug 31-Oct 7 M,W 5:30-6:00pm
 #86042 Sep 1-Oct 8 T,Th 4:30-5:00pm
 #86043 Oct 26-Dec 2 M,W 5:30-6:00pm
 #86044 Oct 27-Dec 3 T,Th 4:30-5:00pm