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### 2014-2015 Adult Instructional Program Schedule

#### Beginner (0-2.4)

Players at the beginner level are relatively new to tennis, or are returning to the game and would benefit from a comprehensive overview of all the strokes. The classes work on form and tactics so as to get a player comfortable to begin or advance in match play.

|          |              |       |
|----------|--------------|-------|
| Monday   | 8:00-9:00 am | Co-ed |
| Monday   | 1:30-2:30 pm | Co-ed |
| Saturday | 7:30-8:30 am | Co-ed |

#### Advanced Beginner (2.5-2.9)

An advanced beginner is able to rally with a partner from the baseline and can cover and produce shots from most places on the court. This player has some match play experience and is looking to enhance a "weapon" in their game. Classes will continue to address form while also allowing for point play opportunities.

|          |               |       |
|----------|---------------|-------|
| Monday   | 10:30-noon    | Co-ed |
| Tuesday  | 10:30-noon    | Co-ed |
| Thursday | 9:00-10:00 am | Co-ed |
| Friday   | 9:00-10:00 am | Co-ed |
| Saturday | 2:30-3:30 pm  | Co-ed |

#### Low Intermediate (3.0-3.4)

The low intermediate player is steady from both the baseline and at the net. This player can serve with consistency and accuracy, while being comfortable with most match play situations. This player has decent court coverage and one or more powerful weapons. These classes enhance the players' tactics while providing stroke practice.

|           |                |       |
|-----------|----------------|-------|
| Monday    | 6:30-8:00 pm   | Co-ed |
| Wednesday | 6:30-8:00 pm   | Co-ed |
| Thursday  | 10:00-11:00 am | Co-ed |
| Thursday  | 7:30-9:00 pm   | Co-ed |
| Saturday  | 8:30-9:30 am   | Co-ed |

#### Intermediate (3.5-3.6)

Intermediate players are comfortable and confident on all parts of the court and with most aspects of match play. The intermediate player has consistency, accuracy, and the ability to dictate pace on most shots, especially the serve. Intermediate classes reinforce sound biomechanics while also presenting challenging point play.

|           |               |       |
|-----------|---------------|-------|
| Monday    | 9:00-10:30 am | Women |
| Monday    | 8:00-9:30 pm  | Co-ed |
| Tuesday   | 8:00-9:00 am  | Women |
| Tuesday   | 9:00-10:30 am | Co-ed |
| Wednesday | 6:30-8:00 pm  | Co-ed |
| Friday    | 1:30-3:00 pm  | Co-ed |
| Saturday  | 8:30-10:00 am | Co-ed |

#### Three Lesson Sessions

- I: Mon 8/25 to Sun 10/26 = 9 weeks (no Mon 9/1)
- II: Mon 10/27 to Sun 3/1 = 16 weeks (no Sat. 12/20 - Fri 1/2)
- III: Mon 3/2 to Sun 5/31 = 12 weeks (no Mon 3/30 - Sun 4/5)

**Refund policy:** Fees are non-refundable except as follows. A pro-rated credit shall be issued to a student who is asked to withdraw from a class due to not meeting level requirements. A credit less a 10% admin charge will be issued for either: 1) medical reasons (credit issued from notification date of doctor verified injuries of 4 weeks or longer), 2) to a student who drops a class before the start of a session, 3) to a student from the date they are replaced in a class.

#### Advanced Intermediate (3.7-3.9)

An advanced intermediate player is much like an intermediate player, but has even more enhanced athleticism and ability to construct and dictate point play. This player has several weapons in their game and is confident in match play situations. Classes will continue to challenge players with high percentage tactics.

|           |               |       |
|-----------|---------------|-------|
| Monday    | 8:00-9:00 am  | Co-ed |
| Monday    | 9:00-10:30 am | Women |
| Monday    | 6:30-8:00 pm  | Co-ed |
| Monday    | 8:00-9:30 pm  | Co-ed |
| Tuesday   | 1:00-2:30 pm  | Co-ed |
| Wednesday | 8:00-9:30 pm  | Men   |
| Thursday  | 6:00-7:30 pm  | Co-ed |
| Saturday  | 9:00-10:30 am | Co-ed |
| Saturday  | 9:30-11:00 am | Co-ed |

#### Advanced (4.0+)

This player is highly confident, very consistent and accurate, while being able to use multiple weapons and strategies in high level match play. These classes are competitive and intense, while continuing to reinforce tactics.

|           |               |       |
|-----------|---------------|-------|
| Monday    | 6:30-8:00 pm  | Co-ed |
| Wednesday | 8:00-9:30 pm  | Men   |
| Thursday  | 6:00-7:30 pm  | Co-ed |
| Saturday  | 9:00-10:30 am | Co-ed |

#### Cardio Tennis Drills

Hit a lot of balls, keeping those feet moving to some fun music.

|          |              |       |
|----------|--------------|-------|
| Tuesday  | 8:00-9:00 am | Co-ed |
| Tuesday  | 1:30-2:30 pm | Co-ed |
| Thursday | 8:00-9:00 am | Co-ed |

#### Team Drills

|             |           |               |
|-------------|-----------|---------------|
| Div 4       | Monday    | noon-1:30 pm  |
| Div 3       | Monday    | 10:30 am-noon |
| Div 2       | Tuesday   | 9:00-10:30 am |
| Div 1C      | Wednesday | 10:30 am-noon |
| Div 1       | Wednesday | noon-2:00 pm  |
| Men 4.0/4.5 | Wednesday | 8:00-9:30 pm  |

In order to register for team drills you must be rostered on NTC's travel teams. If you cannot make a full-time commitment, new this year NTC is offering a punch card option for team drills only.

Don't see a class that works? Ask us about scheduling a Permanent Court Time lesson or if we have added anything new to our lesson programs.

**Wait and Interest Lists:** If none of the above times work for you, place your name on an interest list, without obligation.

As the published classes are filled, new classes are added to the schedule. We suggest you enroll in whatever class is available and we'll put your ideal time on the interest list with a note "instead of whatever class currently enrolled in".

Similarly, we suggest you put your name on the wait list for any already-filled class you prefer with a note "instead of whatever class currently enrolled in".

**Registration:** Registration is on a first-come, first-served basis. ver 2v4