

Tennis & Paddle Tennis



Adult Tennis Program Guide Winter 2018

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Adult Tennis Instruction Winter 2018



Play Tennis Fast — 6 Week Adult Clinic

This six-week clinic is designed for both new and former tennis players who have been out of the game for a while. The clinic covers basic strokes and strategy of the game. Classes are for both men and women. Our experienced tennis professionals make sure you learn while having fun. Players can sign up for this clinic for a maximum of three six-week sessions. The class size has a minimum of 3 and a maximum of 6 players.

Tuesday 8:00-9:00pm Starts Jan 16
 Wednesday 8:30-9:30a Starts Jan 3
 Wednesday 11:00a-12:00p Starts Feb 7

Members/Nonmembers \$99

In The Game Adult Clinics *A 9 Week Program*

This clinic is for players who have finished three 6-week Play Tennis Fast Clinics and wish to continue learning the game of tennis. Classes will consist of improving strokes and the introduction of doubles strategy and play. Class size will be a minimum of 3 and a target maximum of 6 players.

Monday 9:30-11:00am Starts Feb 12 (full)
 Tuesday 6:30 -8:00pm Starts Feb 13
 Thursday 12:00-1:30p Starts Jan 18

Member: \$270 Nonmember: \$325

Adult Clinic Program *18 week program*

Adult clinics combine drills, instruction and supervised play in a 1 1/2 hour period with a tennis professional on each court. Clinics provide the basic fundamentals to establish a quality tennis game. In addition to the clinics listed below contact the club to form your own group.

Women's Clinics			
2.5	Friday	8:00-9:30am	Starts Feb 2
3.0	Friday	9:30-11:00am	Starts Feb 2
2.5-3.0	Tuesday	8:30-10:00am	Starts Feb 6
3.0	Tuesday	6:30-8:00pm	Starts Feb 6
3.0	Tuesday	10:30a-12:00pm	Starts Jan 30
3.0	Wednesday	9:30-11:00am	Starts Jan 24

Men's Clinics			
3.0	Wednesday	6:30-8:00pm	Starts Feb 7

Women's Supervised Match Play 2.0-2.5

Tues 12:30-2:30 pm \$30 per play

Member/5 players: \$525
Member/4 players: \$650

Non-member/5 players: \$645
Non-member/4 players: \$775

Indoor Tennis Instruction

Private Instruction

1/2 Hour Members: \$50 | Non-members: \$56
 One Hour Members: \$87 | Non-members: \$95

Semi-Private Instruction (2 players) One hour per person Members: \$50 | Non-members: \$56

Clinic (3 players) One hour per person Members: \$35 | Non-members: \$43

Clinic (4 players) 1 1/2 hour per person Members: \$40 | Non-members: \$48

USTA Adult Tennis Winter 2018

USTA Adult Tennis Program

Practices begin week of Jan 22 and run for 18 weeks

The USTA Program offers the competitive tennis player the opportunity to challenge their skills and improve their game. This program offers instruction, high speed drilling, match play, and team strategy. The practice session is spent on instruction, drilling, and supervised play. Our target ratio is 4 players per pro. USTA Official matches will be played against teams from other clubs. USTA League play format provides both singles and doubles. Match play is supervised by one of the pros. Our goal at the club is to be competitive in our league and contenders for districts, sectionals, and nationals each year.

Type & Level	Day & time	Members	Non-Members
3.0 Women's Singles	Thursday 10:30am-12:00 pm	\$655	\$820
3.0-3.5 Women 's Doubles	Thursday 6:30-8:00 pm	\$655	\$820
Women's Doubles	Thursday 12:30-2:00 pm	DROP	IN
3.5-4.0 Women's Singles	Tuesday 9:00-10:30 am	DROP	IN
3.5 Women's Doubles	Monday 6:30-8:00pm	DROP	IN
3.5-4.0 Women's Doubles	Tuesday 10:00-11:30 am	DROP	IN
3.0-3.5 Men's Singles & Doubles	Thursday 8:00-9:30 pm	DROP	IN

Drop In

Member (1.5 hours): \$40 per time

Nonmember (1.5 hours): \$48 per time

Cardio Tennis

Program 18 weeks



Monday | 8:30-10:00am Starts 2/19

Friday | 8:00-9:30am Starts 2/9

Members: \$315 **Nonmembers:** \$395

Cardio Tennis is a popular group exercise combining tennis with fast paced drills that keep players heart rates up. It is a form of interval training with short bursts of high-intensity exercise followed by very short periods of rest. This anaerobic exercise is excellent for your health and prepares you for tennis match play.

Class enrollment is limited to 10 players. Eight players are scheduled each week and two players are rotated out.

MadRackets Point Play 18 weeks from week of 1/22

MRSC is excited to offer Point Play. Get your heart pumping and improve your doubles game. This non-stop 90 minute co-ed group exercise breaks 6 players into 3 teams. Teams will play out points in intense drills featuring specific doubles strategies. Instruction will be given at the start and end of each 11 point game.

3.0-3.5 Players — Sun 8:30 -10:00 am

3.5-4.0 Players — Mon 6:30 - 8:00 pm Wed 6:30 – 8:00 pm
Thurs 8:00 – 9:30 pm Sat 8:00 – 9:30 am

Fee per play: Members \$25 | Non-members \$30

Tennis Court Rates · 2017-2018 Season

Open Court Time

Open Court Time is time not reserved for season courts, leagues or clinics. Members may reserve courts up to one week in advance.

Monday-Thursday: 7:00-9:00am \$48 per hour | 9:00am-6:30pm \$56 per hour

6:30-8:00pm \$64 per hour | 8:00-10:00pm \$56 per hour

Friday: 7:00-9:00am \$48 per hour | 9:00am-9:30pm \$56 per hour

Saturday: 7:30-11:00am \$64 | 11:00am-6:00pm \$56

Sunday: 8:00am-6:00pm \$56

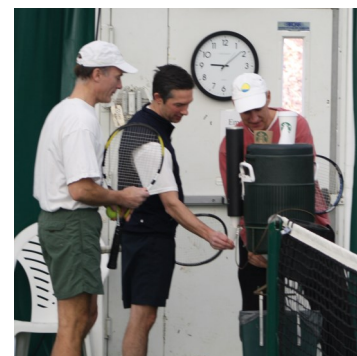
Non-members pay an additional \$6 per person fee for each hour of indoor tennis open court play

Holiday Rates: \$32 per hour | Nov 24 - 26, Dec 24 - Jan 1

Tennis Season Courts (September 18, 2017 - June 10, 2018)

Members of the club may reserve courts at the same time each week during the season. MRSC is not open Thanksgiving Day, Christmas Day, New Years Day & Easter Sunday. Season courts may be used during the Christmas and February school breaks. Balls are provided by the club.

Weekdays	1 1/2 Hours	6 Players
7:00-9:00am & 12:00-5:00pm	\$2,160	\$360
9:00am-noon	\$2,940	\$490
5:00-10:00pm	\$3,450	\$575
Weekends	1 1/2 Hours	6 Players
Sat 7:30-11:00am	\$3,450	\$575
Sat 11:00am-noon & Sun 9:00am-noon	\$2,940	\$490
Sat & Sun noon-6:00pm & Sun 8:00-9:00am	\$2,160	\$360



Adult Tennis Leagues (September 18, 2017 — June 10, 2018)

Leagues are formed by the club and have a rotational schedule of 5-6 players per court. Balls are provided by the club. Leagues are available to racquet associate, winter racquet and year-round racquet members.

Men's Doubles	Day	Time	Season Fee
Intermediate 3.0- Advanced Intermediate 3.5	Thursday	6:30-8:00pm	\$605
Advanced Intermediate 3.5 - Advanced 4.0	Saturday	9:00-11:00am	\$805
Intermediate 3.0- Advanced Intermediate 3.5	Saturday	7:30-9am	\$605

Men's Singles	Day	Time	Drop In Fee
Advanced Intermediate 3.5 - Advanced 4.0	Monday	8:00-10:00pm	Member \$37, Non-Member \$43

Drop In Fee: 1.5 hours Doubles Member \$25 Non-Member \$34