



2011 - 2012 Adult Lesson Program

Level I - Beginners and Re-starters, 1.0-2.0 NTRP

Level II - 2.5-2.75 NTRP Players

Level III - 3.0-4.5 NTRP Players

To register for lessons, a payment is required at sign up unless a student has a valid Reed-Sweatt Registration Fee (RSRF). To register for drills, a valid RSRF is required. Individual: \$80.00. Couple/Family: \$95.00. **Sorry, but no make-up classes if a student misses due to illness or personal reasons. Group lesson/play and drill reservations cancelled and not resold will be charged to your RSRF number. Group lesson/play reservations cancelled and unsold will not be refunded. Student no-shows will be charged. Cancellations and no shows need to be paid before a player registers for another class. Refunds will only be given if a student's spot is resold to someone else.** No class confirmations are given. Student will only be called if class is cancelled.

Level I Program: For 1.0-2.0 players. These level choices include: Group Lesson Series (Step I and Step II) and private or semi-private lessons. Group Lesson Series classes meet once a week for 3 or 4 weeks. 4-6 students.

► **Group Lesson Series** (Most players take the same step class more than once)

Step I: This set of classes is designed for players who are new to the game and have never played before. This player does not know the correct grips to use, has difficulty maintaining rallies, and does not know how to maintain correct court positioning. This player may have trouble making contact with the ball during their first lesson. MOST IMPORTANTLY, this player has never played organized, competitive tennis of any kind. In these classes, players will learn:

- Basic fundamentals of stroke technique and production
- Introduction to basic stroke combinations and playing patterns
- Introduction to the basics of scoring and match play positioning
- Tennis terminology and court layout

Step II: This set of classes is designed for players who have basic knowledge of scorekeeping and grips, but struggle to maintain rallies and/or compete because of poor court positioning and consistency. This player still has difficulty consistently starting points with serves and returns. This player is beginning to develop reliable shots, but is not yet able to compete effectively in match play. In these classes, players will learn:

- Adding movement, directional control and depth
- Improving consistency of all strokes
- Learning to feed drills
- Getting to playing "the game"!

Group Lesson Session Days/Times

	Tues A.M.	Tues P.M.	Thurs	Sat
Step I	10:00 - 11:00 am	7:30 - 9:00 pm	7:30 - 8:30 pm	Noon - 1:00 p.m.
Step II	11:00 am - Noon	7:30 - 9:00 pm	8:30 - 9:30 pm	Noon - 1:00 pm

Group Lesson (Weekday) Session Dates

- A) Sept 27 - Oct 20
- B) Nov 1 - Nov 17 (3 week session)
- C) Nov 29 - Dec 15 (3 week session)
- D) Jan 3 - 26, 2012
- E) Jan 31 - Feb 23
- F) Feb 28 - Mar 23
- G) Apr 3 - Apr 26

Group Lesson (Saturday) Session Dates

- A) Sept 24 - Oct 15
- B) Oct 22 - Nov 19 (no class Nov. 5th)
- C) Dec 3 - 17 (3 week session)
- D) Jan 7 - 28, 2012
- E) Feb 4 - 25
- F) Mar 3 - 24
- G) Apr 14 - 28 (3 week session)

Fees: 1 hour classes are \$70.00/session (\$52.50/3 wks)
1 1/2 hour classes are \$105.00/session (\$78.75/3 wks)

► **Private or Semi-Private Lessons**

For more information, please call the tennis center at 612-825-6844 and ask to speak to a Tennis Professional. They are most available for lessons Monday-Friday from 8:00am - 6:00pm. There are limited spots Saturdays from 8am - 1:00pm and Tuesday and Wednesday nights from 8:00pm - 9:00pm. Fee: \$80.00/hour/lesson.

Level II Program: For 2.5-2.75 players. These level choices include: Group Play Classes, Sunrise Drill, and private or semi-private lessons. Group Play classes meet once a week for 3 or 4 weeks. 4-6 students. **SESSION DATES/FEEES ARE SAME AS FOR GROUP LESSON CLASSES LISTED ABOVE.**

► **Group Play Classes - Evenings/Weekends:** This set of classes is designed for players who can keep score and maintain baseline rallies with success. This player can start points with serves and returns most of the time, and is comfortable enough at net to participate in competitive doubles drills and match play. This will include our lowest level of league players (2.5-2.75 level). The classes will feature instruction in singles and doubles play, drills, patterns and strategies, and supervised play.

Group Play Session Days/Times

	Wed	Sat
Group Play	7:30-9:00pm	12:00-1:00pm

► **Sunrise Drills**

Sunrise Drills are conditioning classes hitting many balls while still learning new tips and techniques. Weekly sign-up. Pick up specific sheet of drills offered at the RSFTC kiosk or download from the website. Fee: \$16.00/student. 6-8 students on 2 courts. A valid RSRF is required.

Monday	Tuesday	Thursday
7:00 - 8:30am	7:00 - 8:30am	7:00 - 8:30am

► **Senior Drills**

For players 50 years of age or older, who are rated 2.5 or above. **Any Senior can register for this drill by calling us at (612) 825-6844.** Fee: \$10.00/student. Maximum of 8 students/class (Tuesday drills have two groups, one for 2.5-3.0 players, and one for 3.5 or above players).

Tuesday	Thursday
9:00 - 10:00 a.m.	9:00 - 10:00 a.m.

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Level III Program: For 3.0-4.5 players. These level choices include: 90-Minute Drill, Stroke of the Week Drill, Sunrise Drill, Men's & Women's 4.0 and Above Drill (60-minute), and private or semi-private lessons. A valid RSRF is required for all drills (except for the Senior Drill).

► **90-Minute Drill**

Players will be instructed on technique and skill development on specific match-play situations. This can include a progression of a variety of drills (hand-toss, pro-fed, player-fed), point-based play, and then game-based play situations (i.e. first to 10 points).

For players rated 3.0-4.0. Weekly sign-up.

Fee: \$19.00/student. 1 court - maximum 6 students. 2 courts - maximum 8 students.

*We have expanded our Saturday morning drill offerings and **created specific classes by player ratings for more enjoyment for everyone (we will offer 3.0-3.25 groups and 3.5-4.0 groups).** If you do not have a rating, you need to take a half-hour private lesson to obtain one. **Self-ratings are NOT accepted.**

Monday	Wednesday	Thursday	Saturday*
8:30 - 10:00 a.m.	7:30 - 9:00 p.m.	9:00 - 10:30 a.m.	9:00 - 10:30 a.m.*
			10:30 a.m. - Noon*

► **Stroke of the Week Drill**

These drills offer concentrated instruction on a specific stroke for each class, such as groundstrokes, volleys, and serve & return

4-6 students/drill on 1 court. Weekly sign-up. Fee: \$16.00/student.

Wednesday
6:00 - 7:00 p.m.

► **Tuesday AM Drill & Play**

Participate in one of our 90-minute drills and receive a bonus 30-minute court to practice what you have learned! Weekly sign-up.

Fee: \$25.00/student. Maximum 8 players on two courts.

Tuesday
10:00 a.m. - Noon

► **Sunrise Drills - SEE SCHEDULE ABOVE.**

► **Men's & Women's 4.0 and Above Drill (60-Minute)**

Strategy and tactics for singles and doubles for players **4.0 & above.** 3-4 players/drill. Fee: \$20.00/student. A valid RSRF is required.

4.0 and above Drill	Day	Time
Women's	Wednesday	7:00 - 8:00pm
Men's	Thursday	8:30 - 9:30pm

► **Senior Drills - SEE SCHEDULE ABOVE.**

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