

# Raleigh Parks, Recreation and Cultural Resources

## Junior Tennis - Summer 2015 - Session 2

### Junior Instruction

#### Tennis Jr. Tiny Tots, Ages 4-6

Eye-hand coordination games plus fine motor skills are the focus of this fun intro class.

Class Fee: \$60 Weekday/ \$30 Saturday

#### Millbrook Exchange Tennis Center

#173324 Jun29-Aug 12 M&W, 4-4:30pm  
 #173325 Jun29-Aug 12 M&W, 4:30-5pm  
 #173326 Jun30-Aug 13 T&Th, 4:30-5pm  
 #173327 Jun 27-Aug 15 Sa, 11:30am-12pm  
 #173328 Jun 27-Aug 15 Sa, 11am-11:30pm

#### Lake Lynn Community Center

#173331 Jun29-Aug12 M&W, 5:30-6pm  
 #173332 Jun30-Aug13 T&Th, 4:30-5pm

#### Tennis Jr. Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping 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: \$120 Weekday/\$60 Saturday

#### Millbrook Exchange Tennis Center, Ages 6-8

#173333 Jun 29-Aug 12 M&W, 5-6pm  
 #173334 Jun 29-Aug 12 M&W, 6-7pm  
 #173335 Jun 30-Aug 13 T&Th, 5-6pm  
 #173336 Jun 30-Aug 13 T&Th, 6-7pm  
 #173337 Jun 27-Aug 15 Sa, 9-10am  
 #173338 Jun 27-Aug 15 Sa, 10-11am  
 #173339 Jun 27-Aug 15 Sa, 11am-12pm

#### Millbrook Exchange Tennis Center, Ages 8-10

#173356 Jun29-Aug12 M&W, 5-6pm  
 #173357 Jun29-Aug12 M&W, 6-7pm  
 #173358 Jun30-Aug13 T&Th, 5-6pm  
 #173359 Jun30-Aug13 T&Th, 6-7pm  
 #173360 Jun27-Aug 15 Sa, 9-10 am  
 #173361 Jun27-Aug 15 Sa, 11am-12pm

#### Millbrook Exchange Tennis Center, Ages 10-18

#173369 Jun29-Aug12 M&W, 4-5pm  
 #173370 Jun30-Aug13 T&Th, 4-5pm  
 #173371 Jun27-Aug 15 Sa, 10-11am

#### Lake Lynn Community Center, Ages 6-8

#173341 Jun29-Aug 12 M&W, 4:30-5:30pm  
 #173342 Jun27-Aug15 Sa, 10-11am

#### Lake Lynn Community Center, Ages 8-18

#173364 Jun30-Aug 13 T&Th, 5-6pm  
 #173365 Jun27-Aug15 Sa, 11am-12pm

#### Tennis Jr. Level 2

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. Class Fee: \$120 Weekday/ \$60 Saturday

#### Tennis Jr. Level 2 - Continued

**Millbrook Exchange Tennis Center, Ages 8-10**  
 #173450 Jun 29-Aug 12 M&W, 5-6pm  
 #173451 Jun 30-Aug 13 T&Th, 5-6pm  
 #173452 Jun 27-Aug 15 Sa, 11am-12pm

**Millbrook Exchange Tennis Center, Ages 10-18**  
 #173457 Jun 29-Aug 12 M&W, 4-5pm  
 #173458 Jun 30-Aug 13 T&Th, 4-5pm  
 #173459 Jun 27-Aug 15 Sa, 9-10am  
 #173460 Jun 27-Aug 15 Sa, 10-11am

#### Lake Lynn Community Center, Ages 8-18

#173462 Jun 30-Aug 13 T&Th, 4-5pm

#### Tennis Jr. Level 3

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: \$120 Weekday/ \$60 Saturday

#### Millbrook Exchange Tennis Center, Ages 8-10

#173471 Jun 29-Aug 12 M&W, 5-6pm

#### Millbrook Exchange Tennis Center, Ages 10-18

#173474 Jun 30-Aug 13 T&Th, 4-5pm  
 #173475 Jun 27-Aug 15 Sa, 11am-12pm

#### Tennis Jr Tournament Training

Designed for junior tennis players who have learned all shots. Group will workout and train for tournaments with the intention of establishing or improving their state ranking. Meets twice a week to hit a large quantity of balls, work on conditioning, balance, speed and agility. Additional training and attending USTA+NC tournaments encouraged. Class Fee: \$180

#### Lake Lynn Community Center, Ages 8-18

10U #173485 Jun 29-Aug 12 M&W 5-6:30pm  
 12U #173486 Jun 29-Aug 12 M&W 6:30-8pm  
 14U #173487 Jun 30-Aug 13 T&Th 7-8:30pm  
 18U #173488 Jun 30-Aug 13 T&Th 8:30-10pm

#### Tennis Summer Break Tennis

Instruction and play for juniors of all levels. Players will be placed on the court of their ability. The week finishes with match play on Friday. Players with no experience will learn how to play matches. Players with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training. **Millbrook, Mon-Fri, 9am-12pm, \$120**

	Ages 6-8	Ages 8-10	Ages 10-18
Jun 15-19	#173489	#173499	#173506
Jun 22-26	#173490	#173508	#173509
Jun 29-Jul 3	#173491	#173498	#173507
Jul 6-10	#173492	#173500	#173510
Jul 13-17	#173493	#173501	#173511
Jul 20-24	#173494	#173502	#173512
Jul 27-31	#173495	#173503	#173513
Aug 3-7	#173497	#173504	#173514
Aug 10-14	#173496	#173505	#173515

### Junior Competition

#### USTA Jr. Team Tennis, Ages 6-18

Held June 5-August 1 with practices and matches for all ages and levels of play. Players will be placed on teams based on their level and age as of 8/31/15.

USTA Annual Membership Fee: \$20

USTA Local League Fee: \$16

Parks, Recreation and Cultural Resources Fee: \$90  
 Assessment days are for new players and players who would like to be evaluated to move up a level from their previous team. Players returning to the same level, do not have to attend an assessment day.

#### Assessment days: Tuesday, May 12 and

#### Wednesday, May 13 from 4:30pm-5:30pm

New players and those who would like to be evaluated to move up a level from their previous team should come to one of the assessment days.

Reserve your spot now. All players can register using the codes below before the assessment days. Register for the correct age group (birthdate based on 8/31/15) and estimate the skill level, levels can be switched later if needed.

#### 8U/10U - Practices are Friday 5pm-6:30pm

Matches are Saturday 9-10:30am

#173631 8U Beginner #173634 10U Intermediate  
 #173632 8U Intermediate #173635 10U Advanced  
 #173633 10U Beginner

#### 12U, 14U, 18U - Practices are once a week

Matches are 9:30 am:

Wednesday-Bronze, Thursday-Silver, Friday-Gold

#173636 12U Bronze #173639 14U Silver  
 #173637 12U Silver #173640 18U Silver  
 #173638 14U Bronze #173641 18U Gold

#### Tournament Training with Kabiru

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. This three week fee covers the month of classes, we estimate that some classes may be cancelled due to weather. Contact Kabiru Ibrahim for more information 919-395-8051.

#### Tournament Advanced: M-Th, 4:30-6:30pm

**Millbrook:** 2 days a week \$120/4 days a week \$240

Jun #175650 Jul #175653

Aug #175654

#### Developmental Group: Fri 4:30-6:30pm, Sa&Su 2-4pm

**Green Road:** 2 days a week \$120/3 days a week \$180

Jun #175651 Jul #179706

Aug #175655



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 parks.raleighnc.gov

For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-872-4128.

To check for weather related cancelations, visit [www.raleightennis.com](http://www.raleightennis.com). Click "City Programs".



# Raleigh Parks, Recreation and Cultural Resources

## Adult Tennis - Summer 2015 - Session 2

### Adult Instruction

#### Adult Level 1 - Age 18 years and up

No experience needed! Forehand and 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 and play a full court set. Fee: \$120 Weekday/ \$60 Saturday

##### Millbrook Exchange Tennis Center

#173962 Jun 29-Aug 12 M&W, 10-11am  
 #173963 Jun 29-Aug 12 M&W, 6-7pm  
 #173964 Jun 29-Aug 12 M&W, 7-8pm  
 #173965 Jun 30-Aug 13 T&Th, 11am-12pm  
 #173966 Jun 30-Aug 13 T&Th, 7-8pm  
 #173968 Jun 27-Aug 15 Sa, 9-10am

##### Lake Lynn Community Center

#173971 Jun 29-Aug 12 M&W, 6-7pm  
 #173972 Jun 27-Aug 15 Sa, 9-10am

#### Adult Level 2.0/2.5 Drills - Age 18 years 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: \$120 Weekday/\$60 Saturday

##### Millbrook Exchange Tennis Center

#173980 Jun 29-Aug 12 M&W, 11am-12pm  
 #173981 Jun 29-Aug 12 M&W, 6-7pm  
 #173982 Jun 30-Aug 13 T&Th, 10-11am  
 #173983 Jun 30-Aug 13 T&Th, 7-8pm  
 #173984 Jun 27-Aug 15 Sa, 10-11am

##### Lake Lynn Community Center

#173986 Jun 30-Aug 13 T&Th, 6-7pm

#### Adult Level 3.0 Drills - Age 18 years 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 and slice serving. To advance, players must be at the 3.5 level or be able to hit topspin and underspin and slice serves.

Fee: \$120 Weekday/\$60 Saturday

##### Millbrook Exchange Tennis Center

#173991 Jun 29-Aug 12 M&W, 7-8pm  
 #173992 Jun 30-Aug 13 T&Th, 6-7pm  
 #173993 Jun 27-Aug 15 Sa, 11am-12pm

##### Lake Lynn Community Center

#173995 Jun 29-Aug 12 M&W, 8-9pm

#### Adult Level 3.5 Drills - Age 18 years and up

Must be at the NTRP 3.5 level or able to hit topspin and underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level.

Fee: \$120 Weekday/\$60 Saturday

##### Millbrook Exchange Tennis Center

#174000 Jun 30-Aug 13 T&Th, 6-7pm  
 #174001 Jun 27-Aug 15 Sa, 12-1pm

#### Adult Level 4.0/4.5 Drills - Age 18 years and up

Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills 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 and get ready to run. Fee: \$120

##### Millbrook Exchange Tennis Center

#174004 Jun 29-Aug 12 M&W, 7-8pm

### Adult Competition

#### Ladder - Age 18 years and up

Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Fee: \$24

##### Singles May 18-Jul 27

#170141 Men's 3.0 #170146 Women's 2.5  
 #170142 Men's 3.5 #170147 Women's 3.0  
 #170143 Men's 4.0 #170148 Women's 3.5  
 #170144 Men's 4.5 #170149 Women's 4.0/4.5  
 #170145 Coed Open (ends Aug 3)

##### Doubles May 18-Aug 3

#170138 Women's 3.5 #170140 Women's 4.5  
 #170139 Women's 4.0

##### Singles Aug 24-Nov 2

#170150 Men's 3.0 #170155 Women's 2.5  
 #170151 Men's 3.5 #170156 Women's 3.0  
 #170152 Men's 4.0 #170157 Women's 3.5  
 #170153 Men's 4.5 #170158 Women's 4.0/4.5  
 #170154 Coed Open (ends Nov 9)

#### Tennis Quadrants - 18 years and up

All matches are at Millbrook Exchange Tennis Center. Each week there will be 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 quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Class Fee: \$40

##### Women's Quadrants

#174027 Aug 26-Nov 4 W, 9:30-11:30am  
 #174028 Aug 24-Nov 2 M, 7:00-9:00pm

##### Men's Quadrants

#174029 Aug 27-Nov 5 Th, 7:00-9:00pm

#### World Team Tennis - Age 18 years and up

WTT is co-ed teams competing in a format of six no-ad sets. (One set each of men's and women's doubles, men's and women's singles and ending with two sets of mixed doubles.) Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match. Team Fee: \$75  
 #174030 May 11-Jul 13

#### Free Play for Seniors - Age 55 years and up

Free organized play for senior tennis players. This is a drop-in mixer with all levels of play. Simply show up and play at no charge.

##### Millbrook Exchange Tennis Center

#174031 May 4-Aug 31 M&Th, 9am-12pm

#### Adult Cardio - All Levels - Age 18 years and up

Cardio Tennis is a 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. Fee: \$60

##### Millbrook Exchange Tennis Center 9-10am

#174009 Jun 30-Aug 11 T #174010 Jul 2-Aug 13 Th #174011 Jul 3-Aug 14 F

#### No Rain Makeups

Class length is seven weeks instead of six. The fee is still based on a six week class. For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-872-4128.



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To check for weather related cancelations, visit  
[www.raleightennis.com](http://www.raleightennis.com). Click "City Programs".

