

Raleigh Parks, Recreation and Cultural Resources Junior Tennis - Spring 2015

Junior Instruction

Tennis Jr. Tiny Tots, Ages 4-6

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

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

Millbrook Exchange Tennis Center

#166790 Mar 9-Apr 22 M&W, 4-4:30pm
#166792 Mar 9-Apr 22 M&W, 4:30-5pm
#166795 Mar 10-Apr 23 T&Th, 4:30-5pm
#166798 Mar 7-Apr 25 Sa, 11-11:30am
#166801 Mar 7-Apr 25 Sa, 11:30am-12pm

Lake Lynn Community Center

#166896 Mar 9-Apr 22 M&W, 5:30-6pm
#166898 Mar 10-Apr 23 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

#166870 Mar 9-Apr 22 M&W, 5-6pm
#166871 Mar 9-Apr 22 M&W, 6-7pm
#166872 Mar 10-Apr 23 T&Th, 5-6pm
#166873 Mar 10-Apr 23 T&Th, 6-7pm
#166874 Mar 7-Apr 25 Sa, 9-10am
#166875 Mar 7-Apr 25 Sa, 10-11am
#166876 Mar 7-Apr 25 Sa, 11am-12pm

Millbrook Exchange Tennis Center, Ages 8-10

#166940 Mar 9-Apr 22 M&W, 5-6pm
#166942 Mar 9-Apr 22 M&W, 6-7pm
#166943 Mar 10-Apr 23 T&Th, 5-6pm
#166944 Mar 10-Apr 23 T&Th, 6-7pm
#166945 Mar 7-Apr 25 Sa, 9-10 am
#166946 Mar 7-Apr 25 Sa, 11am-12pm

Millbrook Exchange Tennis Center, Ages 10-18

#166967 Mar 9-Apr 22 M&W, 4-5pm
#166970 Mar 10-Apr 23 T&Th, 4-5pm
#166971 Mar 7-Apr 25 Sa, 10-11am

Lake Lynn Community Center, Ages 6-8

#166916 Mar 9-Apr 22 M&W, 4:30-5:30pm
#166919 Mar 7-Apr 18 Sa, 10-11am

Lake Lynn Community Center, Ages 8-18

#166960 Mar 10-Apr 23 T&Th, 5-6pm
#166961 Mar 7-Apr 18 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

Millbrook Exchange Tennis Center, Ages 8-10

#167086 Mar 9-Apr 22 M&W, 5-6pm
#167087 Mar 10-Apr 23 T&Th, 5-6pm
#167088 Mar 7-Apr 25 Sa, 11am-12pm

Millbrook Exchange Tennis Center, Ages 10-18

#167093 Mar 9-Apr 22 M&W, 4-5pm
#167094 Mar 10-Apr 23 T&Th, 4-5pm
#167095 Mar 7-Apr 25 Sa, 9-10am
#167096 Mar 7-Apr 25 Sa, 10-11am

Lake Lynn Community Center, Ages 8-18

#167101 Mar 10-Apr 23 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

#167107 Mar 9-Apr 22 M&W, 5-6pm

Millbrook Exchange Tennis Center, Ages 10-18

#167128 Mar 10-Apr 23 T&Th, 4-5pm
#167129 Mar 7-Apr 25 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. Players encouraged to do additional training on their own with other team members and to attend USTA/North Carolina tournaments. Class Fee: \$180

Lake Lynn Community Center, Ages 8-18

10U #167142 Mar 9-Apr 22 M&W 5-6:30pm
12U #167143 Mar 9-Apr 22 M&W 6:30-8pm
14U #167144 Mar 10-Apr 23 T&Th 7-8:30pm
18U #167145 Mar 10-Apr 23 T&Th 8:30-10pm

Junior Competition

USTA Jr. Team Tennis, Ages 6-18

Age: 6-18. Feb. 27-Apr 25 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, February 3 &

Wednesday, February 4 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.

All players can register now using the codes below, even before the assessment days. Just pick the correct age group (birthdate based on 8/31/15), and if you're not sure of the level, just make your best guess now and it can be switched later. We want to make sure you have reserved a spot for your child.

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

Matches are Saturday 9-10:30am

#167157 8U Beginner #167160 10U Intermediate
#167158 8U Intermediate #167161 10U Advanced
#167159 10U Beginner

New 8U/10U players can come try it for free on our playdays.

Playdays: Friday, February 6, 13 & 20 from 5-6pm

12U, 14U, 18U - Practices are once a week after school

Matches are Saturday 10:30am, 12pm or 1:30pm

#167162 12U Bronze #167165 14U Silver
#167163 12U Silver #167166 18U Silver
#167164 14U Bronze #167167 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 3 week fee covers the month of classes. We assume that some will be cancelled due to the 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

Jan #167174, Feb #167176, Mar #167178, Apr #167186

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

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

Jan #167175, Feb #167177, Mar #167179, Apr #167187



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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. Click "City Programs".



Raleigh Parks, Recreation and Cultural Resources

Adult Tennis - Spring 2015

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

#167188 Mar 9-Apr 27 M&W, 10-11am
 #167223 Mar 9-Apr 22 M&W, 6-7pm
 #167224 Mar 9-Apr 22 M&W, 7-8pm
 #167225 Mar 10-Apr 23 T&Th, 11am-12pm
 #167226 Mar 10-Apr 23 T&Th, 7-8pm
 #167227 Mar 7-Apr 25 Sa, 9-10am

Lake Lynn Community Center

#167243 Mar 9-Apr 22 M&W, 6-7pm
 #167244 Mar 7-Apr 18 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

#167248 Mar 9-Apr 27 M&W, 11am-12pm
 #167250 Mar 9-Apr 22 M&W, 6-7pm
 #167251 Mar 10-Apr 23 T&Th, 10-11am
 #167256 Mar 10-Apr 23 T&Th, 7-8pm
 #167257 Mar 7-Apr 25 Sa, 10-11am

Lake Lynn Community Center

#167270 Mar 10-Apr 23 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

#167280 Mar 9-Apr 22 M&W, 7-8pm
 #167281 Mar 10-Apr 23 T&Th, 6-7pm
 #167282 Mar 7-Apr 25 Sa, 11am-12pm

Lake Lynn Community Center

#167325 Mar 9-Apr 22 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

#167329 Mar 10-Apr 23 T&Th, 6-7pm
 #167334 Mar 7-Apr 25 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

#167343 Mar 9-Apr 22 M&W, 7-8pm

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

#167529 Mar 10-Apr 21 T, 9-10am #167531 Mar 13-Apr 24 F, 9-10am
 #167530 Mar 12-Apr 23 Th, 9-10am

New Policy Changes—No Rain Makeups!

Class length is now 7 weeks instead of 6. The fee is still based on a 6 week class. For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-872-4128.



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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 Mar 2-May 3

#167069 Men's 3.0 #167074 Women's 2.5
 #167070 Men's 3.5 #167075 Women's 3.0
 #167071 Men's 4.0 #167076 Women's 3.5
 #167072 Men's 4.5 #167077 Women's 4.0/4.5
 #167073 Coed Open (ends May 11)

Women's Morning 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. Millbrook Tennis Center Class Fee: \$40

Millbrook Exchange Tennis Center

#167378 Mar 4-May 13 W, 9:30-11:30am

NEW Women's Evening

167415 Mar 2-May 11 M, 7-9 pm

NEW Men's Evening

167421 Mar 5-May 14 Th, 7-9 pm

Free Play for Seniors - Age 55 years and up

Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Free

Millbrook Exchange Tennis Center

#167423 Jan 5-Apr 30 M&Th, 9am-12pm

Free Play for Adults - Age 18 years and up

This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Free

Biltmore Hills Tennis Courts

#167446 Jan 1-Apr 30 T&Th, 6:30-9pm

