



## WINTER/SPRING 2023

### RIRC Adult Program Schedule

January 2, 2023-May 31, 2023

#### To register please email

rircfntdesk@gmail.com

or use our App: Roosevelt Island Racquet Club

**One day before & day of sign ups**, please call the front desk at 212.935.0250 ext 0

**24-hour cancellation policy for all classes / programs to avoid being charged**

#### QUICKSTART FOR ADULT BEGINNERS!

Level 1 and 2 \$259 for 6 sessions/9 hours

Level 3 \$339 for 5 sessions/7.5 hours (4/1 ratio)

Each series starts every 7 weeks. Inquire about upcoming classes by emailing [rircadultprograms@advantagetennisclubs.com](mailto:rircadultprograms@advantagetennisclubs.com)

#### INSTRUCTIONAL PROGRAMS

Off Peak - 1 1/2 Hour Class - cost per class: \$32 MEM / \$45 NM

Off Peak - 2 Hour Class - cost per class: \$40 MEM / \$55 NM

Cardio Tennis - 1 1/2 Hour Class - cost per class: \$58 MEM / \$72 NM

Drill & Play - 1 1/2 Hour Class - cost per class: \$68 MEM / \$86 NM

Drill & Play - 2 Hour Class - cost per class: \$79 MEM / \$97 NM

105! - 1 1/2 Hour Class - cost per class: \$58 MEM / \$72 NM

**Packages available - Buy 7 classes and get 1 free**

#### PLAYING PROGRAMS

Early Bird Organized Matchplay	MEM	NM
Monthly:	\$300	\$350
Daily:	\$39 - 1 hr	\$41 - 1 hr
	\$49 - 2 hr	\$66 - 2 hr
<b>Monday, Wednesday, Friday Mixers:</b>	\$47 MEM	\$64 NM
<b>Advanced Singles League:</b>	\$66 MEM	\$85 NM
<b>Saturday Night Match Play Mixer:</b>	\$40 MEM	\$53 NM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am		
3.0-3.5+ MONDAY MIXER 11am-1pm		3.0-3.5+ WEDNESDAY MIXER 11am-1pm		3.0-3.5+ FRIDAY MIXER 11am-1pm		
Off Peak 2.5-3.0 DRILL & PLAY 11:00am-12:30pm			Off Peak 2.5-3.0 DRILL & PLAY 11am-12:30pm			
Off Peak 3.0-3.5 DRILL & PLAY 12:30-2:30pm	Off Peak 3.0-3.5 DRILL & PLAY 12:30-2:30pm	Off Peak 3.0-3.5 DRILL & PLAY 12:30-2:30pm	Off Peak 3.5+ DRILL & PLAY 12:30-2:30pm	Off Peak 2.5-3.0 DRILL & PLAY 12-1:30pm		2.5-3.0 DRILL & PLAY 1:30-3pm
						3.0-3.5 DRILL & PLAY 3-5:00pm
3.0-3.5 CARDIO PLAY 7-8:30pm	4.0+ CARDIO PLAY 8-9:30pm	2.5-3.0 DRILL & PLAY 7-8:30pm				4.0+ 105! 3:30-5:00pm
4.0+ DRILL & PLAY 8-9:30pm	2.5-3.0 DRILL & PLAY 8-9:30pm	3.5-4.0 CARDIO PLAY 8-9:30pm	3.0-3.5 DRILL & PLAY 8-9:30pm			
ADVANCED SINGLES LEAGUE 3.5-5.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-5.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-5.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-5.0 9-11pm		MATCH PLAY MIXER 3.5-4.0 8-11pm	

Please visit us at [rirctennis.com](http://rirctennis.com)

For more information or to sign up for a class, email [rircadultprograms@advantagetennisclubs.com](mailto:rircadultprograms@advantagetennisclubs.com)

Director of Adult Tennis

Tony Huber

[thuber@advantagetennisclubs.com](mailto:thuber@advantagetennisclubs.com)



We've Got Your Game

# Adult Development Pathway

	USTA 1.0-1.5 QuickStart	USTA 2.0 Developer	USTA 2.5 Low Intermediate	USTA 3.0 Intermediate	USTA 3.5 Hi Intermediate	USTA 4.0 Advanced	USTA 4.5+ High Performance	
LEVEL	USTA 1.0-1.5 QuickStart	USTA 2.0 Developer	USTA 2.5 Low Intermediate	USTA 3.0 Intermediate	USTA 3.5 Hi Intermediate	USTA 4.0 Advanced	USTA 4.5+ High Performance	
OBJECTIVES	<ul style="list-style-type: none"> <li>Introduction</li> <li>Strokes</li> <li>Grips</li> <li>Footwork</li> <li>Rallying</li> <li>Rules of Play</li> <li>Singles/Doubles</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals</li> <li>Technique</li> <li>Tactics</li> <li>Consistency</li> <li>Singles/Doubles play</li> <li>Court Position</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals &amp; Specific Skills</li> <li>Technique</li> <li>Tactics</li> <li>Consistency</li> <li>How to Practice</li> <li>Footwork</li> </ul>	<ul style="list-style-type: none"> <li>Specific &amp; Essential Skills</li> <li>Technical skills</li> <li>5 Ball Skills</li> <li>High Percentage Play</li> <li>Stances</li> <li>Footwork Skills</li> </ul>	<ul style="list-style-type: none"> <li>Learn to Compete</li> <li>5 Ball Skills</li> <li>5 Tactical Priorities</li> <li>Wardlaw Directionals</li> <li>Stances</li> <li>Footwork Cycle</li> <li>Mental Game</li> </ul>	<ul style="list-style-type: none"> <li>Develop Game Style</li> <li>3 Phases of Technique</li> <li>Styles of Play</li> <li>Patterns of Play</li> <li>Mental Skills</li> <li>Static/Dynamic Balance</li> <li>Time Management</li> </ul>	<ul style="list-style-type: none"> <li>Learn to Win</li> <li>Serve/Return +1</li> <li>6 tactical pillars</li> <li>Strategy</li> <li>Analytics</li> <li>Specialty Shots</li> <li>Competitive</li> </ul>	
INSTRUCTIONAL PROGRAMS	<ul style="list-style-type: none"> <li>QuickStart 1</li> <li>QuickStart 2</li> <li>*Session Based</li> </ul>	<ul style="list-style-type: none"> <li>QuickStart 3</li> <li>* Session Based</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> <li>105 Doubles</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> <li>105 Doubles</li> </ul>	<ul style="list-style-type: none"> <li>Advanced Singles Ladder</li> </ul>	
PLAYING PROGRAMS	<ul style="list-style-type: none"> <li>Social Play</li> </ul>	<ul style="list-style-type: none"> <li>Developmental Play</li> </ul>	<ul style="list-style-type: none"> <li>Mon/Wed Invitational</li> </ul>	<ul style="list-style-type: none"> <li>Mon/Wed Invitational</li> </ul>	<ul style="list-style-type: none"> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Early Bird Match Play</li> <li>Advanced Singles Ladder</li> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Early Bird Match Play</li> <li>Advanced Singles Ladder</li> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Advanced Singles Ladder</li> <li>Drill and Play</li> <li>Cardio Play</li> </ul>

\* QuickStart Level 1 & 2 and PIP Classes are all session based