



## FALL 2023

### RIRC Adult Program Schedule

September 5, 2023-December 31, 2023

#### To register please email

rircfrontdesk@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 \$269 for 6 sessions/9 hours (8/1 ratio)

Level 3 \$339 for 5 sessions/7.5 hours (6/1 ratio)

Each series starts every 8 weeks. Inquire about upcoming classes by emailing rircadultprograms@advantagetennisclubs.com

#### INSTRUCTIONAL PROGRAMS

Off Peak - 1 1/2 Hour Class - cost per class: \$35 MEM / \$48 NM

Off Peak - 2 Hour Class - cost per class: 43 MEM / \$58 NM

Cardio Tennis - 1 1/2 Hour Class - cost per class: \$61 MEM / \$75 NM

Drill & Play - 1 1/2 Hour Class - cost per class: \$71 MEM / \$89 NM

Drill & Play - 2 Hour Class - cost per class: \$82 MEM / \$99 NM

105! - 1 1/2 Hour Class - cost per class: \$61 MEM / \$75 NM

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

#### PLAYING PROGRAMS

Early Bird Organized Matchplay	MEM	NM
Monthly:	\$325	\$375
Daily:	\$39 - 1 hr	\$44 - 1 hr
	\$52 - 2 hr	\$69 - 2 hr
Mid-Day Mixer:	\$50 MEM	\$67 NM
Advanced Singles League:	\$69 MEM	\$88 NM
Saturday Night Match Play Mixer:	\$43 MEM	\$56 NM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.5-4.0 EARLY BIRD ORGANZIED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANZIED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANZIED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANZIED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANZIED MATCH PLAY 7-9am		
3.0-3.5+ MONDAY MIXER 11am-1pm		3.0-3.5+ WEDNESDAY MIXER 11am-1pm		3.5+ FRIDAY MIXER 11am-1pm		3.5+ DRILL & PLAY 9-11am
Off Peak 2.5-3.0 DRILL & PLAY 11am-12:30pm	Off Peak 2.5-3.0 DRILL & PLAY 11am-12:30pm	Off Peak 2.5-3.0 DRILL & PLAY 11am-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	2.5-3.0 DRILL & PLAY 6:30-8pm	2.5-3.0 DRILL & PLAY 7-8:30pm	4.0+ 105! 7:30-9pm			4.0+ 105! 3:30-5pm
4.0+ DRILL & PLAY 8-9:30pm	4.0+ CARDIO PLAY 8-9:30pm	3.5-4.0 CARDIO PLAY 7:30-9pm	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	

For more information please visit us at [www.rircrctennis.com](http://www.rircrctennis.com)

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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
<b>PLAYING PROGRAMS</b>	<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>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> </ul>
<b>INSTRUCTIONAL PROGRAMS</b>	<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>Drill and Play</li> <li>Cardio Play</li> </ul>
<b>OBJECTIVES</b>	<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>
<b>LEVEL</b>	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

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