



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
	2.5-3.0 DRILL & PLAY 6:30-8pm					3.0-3.5 DRILL & PLAY 3-5:00pm
3.0-3.5 CARDIO PLAY 7-8:30pm	3.5+ 105! 8:00-9:30pm	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.rirc tennis.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	
PLAYING PROGRAMS	<ul style="list-style-type: none"> Social Play 	<ul style="list-style-type: none"> Developmental Play 	<ul style="list-style-type: none"> Mon/Wed Invitational 	<ul style="list-style-type: none"> Mon/Wed Invitational 	<ul style="list-style-type: none"> Mon/Wed Invitational Sat Mixer 	<ul style="list-style-type: none"> Early Bird Match Play Advanced Singles Ladder Mon/Wed Invitational Sat Mixer 	<ul style="list-style-type: none"> Early Bird Match Play Advanced Singles Ladder Mon/Wed Invitational Sat Mixer 	<ul style="list-style-type: none"> Advanced Singles Ladder
INSTRUCTIONAL PROGRAMS	<ul style="list-style-type: none"> QuickStart 1 QuickStart 2 *Session Based 	<ul style="list-style-type: none"> QuickStart 3 * Session Based 	<ul style="list-style-type: none"> Drill and Play Cardio Play 	<ul style="list-style-type: none"> Drill and Play Cardio Play 	<ul style="list-style-type: none"> Drill and Play Cardio Play 105 Doubles 	<ul style="list-style-type: none"> Drill and Play Cardio Play 105 Doubles 	<ul style="list-style-type: none"> Drill and Play Cardio Play 105 Doubles 	<ul style="list-style-type: none"> Learn to Win Serve/Return +1 6 tactical pillars Strategy Analytics Specialty Shots Competitive
OBJECTIVES	<ul style="list-style-type: none"> Introduction Strokes Grips Footwork Rallying Rules of Play Singles/ Doubles 	<ul style="list-style-type: none"> Fundamentals Technique Tactics Consistency Singles/ Doubles play Court Position 	<ul style="list-style-type: none"> Fundamentals & Specific Skills Technique Tactics Consistency How to Practice Footwork 	<ul style="list-style-type: none"> Specific & Essential Skills Technical skills 5 Ball Skills High Percentage Play Stances Footwork Skills 	<ul style="list-style-type: none"> Learn to Compete 5 Ball Skills 5 Tactical Priorities Wardlaw Directionals Stances Footwork Cycle Mental Game 	<ul style="list-style-type: none"> Develop Game Style 3 Phases of Technique Styles of Play Patterns of Play Mental Skills Static/Dynamic Balance Time Management 	<ul style="list-style-type: none"> Learn to Win Serve/Return +1 6 tactical pillars Strategy Analytics Specialty Shots Competitive 	
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	

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