



SUMMER 2024

RIRC Adult Program Schedule

June 17, 2024 - September 2, 2024

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 1.0 and 1.5 \$269 for 6 sessions/9 hours (8/1 ratio)

Level 2.0 \$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 Party	\$43 MEM	\$56 NM	
Friday Night Party:	\$53 MEM	\$65 NM	
(alternate Fridays with refreshments)			

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 12pm-2pm		3.0-3.5+ WEDNESDAY MIXER 12pm-2pm		3.5+ FRIDAY MIXER 12pm-2pm		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 12:30pm-2:30pm	Off Peak 2.5-3.0 DRILL & PLAY 12-1:30pm		2.5-3.0 DRILL & PLAY 1:30-3pm
	Off Peak 4.0-4.5 DRILL & PLAY 12:30-2:30pm	Off Peak 2.5-3.5 LO IMPACT DRILL & PLAY 2:30-4pm	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	3.0-3.5 DRILL & PLAY 7-8:30pm	2.5-3.0 DRILL & PLAY 7-8:30pm	4.0+ 105! 7-8:30pm			4.0+ 105! 3:30-5pm
4.0-4.5 DRILL & PLAY 7-8:30pm	4.0+ CARDIO PLAY 7-8:30pm	3.5-4.0 CARDIO PLAY 7-8:30pm	3.0-3.5 DRILL & PLAY 7-8:30pm			
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	3.5-4.0 FRIDAY NIGHT PARTY 8-11pm	3.5-4.0 SATURDAY NIGHT PARTY 8-11pm	



For more information please visit us at www.rirc tennis.com

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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	• Social Play	• Developmental Play	• Developmental Play	• Mon/Wed/Fri Mixers	• Early Bird Match Play • Advanced Singles Ladder • Mon/Wed/Fri Mixers • Fri & Sat. Parties	• Early Bird Match Play • Advanced Singles Ladder • Mon/Wed/Fri Mixers • Fri & Sat. Parties	• Advanced Singles Ladder
INSTRUCTIONAL PROGRAMS	• QuickStart 1.0 • QuickStart 1.5 *Series Based	• QuickStart 2.0 *Series Based	• Drill and Play • Cardio Play	• Drill and Play • Cardio Play	• Drill and Play • Cardio Play • 105 Doubles	• Drill and Play • Cardio Play • 105 Doubles	• Drill and Play • Cardio Play • 105 Doubles
OBJECTIVES	Introduction • Strokes • Grips • Footwork • Rallying • Rules of Play • Singles/ Doubles	Fundamentals • Technique • Tactics • Consistency • Singles/ Doubles play • Court Position	Fundamentals & Specific Skills • Technique • Tactics • Consistency • How to Practice • Footwork	Specific & Essential Skills • Technical skills • 5 Ball Skills • High Percentage Play • Stances • Footwork Skills	Learn to Compete • 5 Ball Skills • 5 Tactical Priorities • Wardlaw Directionals • Stances • Footwork Cycle • Mental Game	Develop Game Style • 3 Phases of Technique • Styles of Play • Patterns of Play • Mental Skills • Static/Dynamic Balance • Time Management	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 1.0 & 1.5 & 2.0 classes are all series based