



FALL 2024

RIRC Adult Program Schedule

September 3, 2024- December 31, 2024

To register please email

rircfrontdesk@gmail.com or use our App: Plan2Play

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 \$275 for 6 sessions/9 hours (8/1 ratio)
 Level 2.0 \$345 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: **\$40 MEM / \$53 NM**

Off Peak - 2 Hour Class – cost per class: **\$50 MEM / \$65 NM**

Cardio Tennis – 1 1/2 Hour Class – cost per class: **\$64 MEM / \$78 NM**

Drill & Play – 1 1/2 Hour Class – cost per class: **\$74 MEM / \$92 NM**

Drill & Play – 2 Hour Class – cost per class: **\$85 MEM / \$103 NM**

105! – 1 1/2 Hour Class – cost per class: **\$64 MEM / \$78 NM**

Packages available – Buy 7 classes and get 1 free

PLAYING PROGRAMS

Early Bird Organized Matchplay	MEM	NM
Monthly:	\$375	\$425
Daily:	\$45 – 1 hr	\$60 – 1 hr
	\$60 – 2 hr	\$75 – 2 hr
Mid-Day Mixer:	\$53 MEM	\$70 NM
Advanced Singles League:	\$72 MEM	\$90 NM
Saturday Night Match Play Mixer:	\$55 MEM	\$65 NM
Every Saturday with refreshments		
Friday Night Mixer:	\$55 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 11am-1pm	Off Peak 3.5+ DRILL & PLAY 11 - 12:30pm	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 2.5 - 3.0 DRILL & PLAY 12 - 1:30pm		
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 4.0 - 4.5 DRILL & PLAY 12 - 2pm		2.5-3.0 DRILL & PLAY 1:30-3pm
	Off Peak 4.0-4.5 DRILL & PLAY 12:30-2:30pm	Lo-Impact (Off Peak) 3.0-3.5 DRILL & PLAY 12:30-2:30pm	2.5-3.0 DRILL & PLAY 6:30-8pm			3.0 - 3.5 DRILL & PLAY 3 - 4:30pm
3.0-3.5 CARDIO PLAY 7-8:30pm	3.0-3.5 DRILL & PLAY 8-9:30pm	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 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	3.5-4.0 FRIDAY NIGHT MIXER 8-11pm	MATCH PLAY MIXER 3.5-4.0 8-11pm	

For more information please visit us at www.rircatennis.com

Director of Adult Tennis
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 Adult Programs Info

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Adult Development Pathway

PLAYING PROGRAMS	• Social Play	• Developmental Play	• Mon/Wed Invitational	• Mon/Wed Invitational	• Early Bird Match Play • Advanced Singles Ladder • Mon/Wed Invitational • Sat Mixer	• Early Bird Match Play • Advanced Singles Ladder • Mon/Wed Invitational • Sat Mixer	• Advanced Singles Ladder
	• QuickStart 1 • QuickStart 2 *Session based	• QuickStart 3 * Session 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
INSTRUCTIONAL PROGRAMS	• QuickStart 1 • QuickStart 2 *Session based	• QuickStart 3 * Session 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 & 2 and PIP Classes are all session based