

# Raleigh Parks, Recreation and Cultural Resources

## Junior Tennis - Spring 2017

### Junior Instruction

#### Tennis Jr. Tiny Tots, Ages 4-6

Eye-hand coordination games plus fine motor skills are the focus of this fun intro class. Class Fee: \$60 Weekday/\$30 Saturday

#### Millbrook Exchange Tennis Center

#200018 Mar 6 - Apr 19 M&W, 4-4:30pm  
#200019 Mar 6 - Apr 19 M&W, 4:30-5pm  
#200020 Mar 7 - Apr 20 T&Th, 4:30-5pm  
#200021 Mar 4 - Apr 22 Sa, 11am-11:30pm  
#200022 Mar 4 - Apr 22 Sa, 11:30am-12pm

#### Lake Lynn Community Center

#200023 Mar 6 - Apr 19 M&W, 5:30-6pm  
#200024 Mar 7 - Apr 20 T&Th, 5-5:30pm

#### Tennis Jr. Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$120 Weekday/\$60 Saturday

#### Millbrook Exchange Tennis Center, Ages 6-8

#200257 Mar 6 - Apr 19 M&W, 5-6pm  
#200251 Mar 6 - Apr 19 M&W, 6-7pm  
#200258 Mar 7 - Apr 20 T&Th, 5-6pm  
#200259 Mar 7 - Apr 20 T&Th, 6-7pm  
#200260 Mar 4 - Apr 22 Sa, 9-10am  
#200261 Mar 4 - Apr 22 Sa, 10-11am  
#200262 Mar 4 - Apr 22 Sa, 11am-12pm

#### Millbrook Exchange Tennis Center, Ages 8-10

#200263 Mar 6 - Apr 19 M&W, 5-6pm  
#200264 Mar 6 - Apr 19 M&W, 6-7pm  
#200265 Mar 7 - Apr 20 T&Th, 5-6pm  
#200266 Mar 7 - Apr 20 T&Th, 6-7pm  
#200267 Mar 4 - Apr 22 Sa, 9-10 am  
#200268 Mar 4 - Apr 22 Sa, 11am-12pm

#### Millbrook Exchange Tennis Center, Ages 10-18

#200269 Mar 6 - Apr 19 M&W, 4-5pm  
#200270 Mar 7 - Apr 20 T&Th, 4-5pm  
#200271 Mar 4 - Apr 22 Sa, 10-11am

#### Lake Lynn Community Center, Ages 6-8

#200272 Mar 6 - Apr 19 M&W, 4:30-5:30pm  
#200273 Mar 4 - Apr 15 Sa, 10-11am

#### Lake Lynn Community Center, Ages 8-18

#200274 Mar 7 - Apr 20 T&Th, 5:30-6:30pm  
#200275 Mar 4 - Apr 15 Sa, 11am-12pm

#### Tennis Jr. Level 2

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$120 Weekday/\$60 Saturday

#### Millbrook Exchange Tennis Center, Ages 8-10

#200294 Mar 6 - Apr 19 M&W, 5-6pm  
#200297 Mar 7 - Apr 20 T&Th, 5-6pm  
#200310 Mar 10 - Apr 21 F, 4-5pm  
#200302 Mar 4 - Apr 22 Sa, 11am-12pm

#### Millbrook Exchange Tennis Center, Ages 10-18

#200298 Mar 6 - Apr 19 M&W, 4-5pm  
#200299 Mar 7 - Apr 20 T&Th, 4-5pm  
#200300 Mar 4 - Apr 22 Sa, 9-10am  
#200301 Mar 4 - Apr 22 Sa, 10-11am

#### Lake Lynn Community Center, Ages 8-18

#200303 Mar 7 - Apr 20 T&Th, 4-5pm

#### Tennis Jr. Level 3

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$120 Weekday/\$60 Saturday

#### Millbrook Exchange Tennis Center, Ages 8-10

#200322 Mar 6 - Apr 19 M&W, 5-6pm

#### Millbrook Exchange Tennis Center, Ages 10-18

#200323 Mar 7 - Apr 20 T&Th, 4-5pm  
#200324 Mar 4 - Apr 22 Sa, 11am-12pm

### Junior Competition

#### USTA Jr. Team Tennis, Ages 6-18

March 3 - May 7 with practices and matches for all ages and levels of play. An end of the season tournament is held the last weekend of the season. Players will be placed on teams based on their level and age as of August 31, 2017. Parks, Recreation and Cultural Resources Fee: \$120 USTA Annual Membership Fee: \$20 USTA Local League Fee: \$16

Players can register using the codes below before the assessment days. Levels can be switched later if needed. Register for the correct age group (birthdate based on 08/31/17).

**8U/10U** - Practices are Friday 5pm-6:30pm

Matches are Saturday 9-10:30am

**Free Play Days:** Friday Feb 10 and 17 from 5-6pm

#200328 8U Beginner #200331 10U Intermediate  
#200329 8U Intermediate #200332 10U Advanced  
#200330 10U Beginner

**12U, 14U, 18U** - Practices are once a week after school. Matches are Saturday at 10:30am, 12pm, 1:30pm

#200333 12U Bronze #200336 14U Silver  
#200334 12U Silver #200337 18U Silver  
#200335 14U Bronze #200338 18U Gold

**Assessment days: Tuesday, Feb 7 and Wednesday, Feb 8 from 4:30pm-5:30pm**

Assessment days are for new players and for players who would like to be evaluated to move up a level from their previous team. Players returning to the same level, do not have to attend an assessment day. Players only need to attend one assessment day.

#### Tournament Training with Kabiru

Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments. This three week fee covers the month of classes, we estimate that some classes may be cancelled due to weather. Contact Kabiru Ibrahim for more information 919-395-8051.

**Tournament Advanced:** M-Th, 4:30-6:30pm

**Green Road:** 2 days a week \$120/4 days a week \$240  
Jan #203167, Feb #203169, Mar #203171, Apr #203173

**Developmental Group:** Fri 4:30-6:30pm, Sa&Su 2-4pm

**Green Road:** 2 days a week \$120/3 days a week \$180  
Jan #203168, Feb #203170, Mar #203172, Apr #203174



# Raleigh Parks, Recreation and Cultural Resources

## Adult Tennis - Spring 2017

### Adult Instruction

#### Adult Level 1 - Age 18 years and up

No experience needed! Forehand and backhand groundstrokes, volleys, overhead, serve, score-keeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score and play a full court set. Fee: \$120 Weekday/\$60 Saturday

#### **Millbrook Exchange Tennis Center**

#200391 Mar 6 - Apr 24 M&W, 10-11am  
 #200395 Mar 6 - Apr 19 M&W, 6-7pm  
 #200392 Mar 6 - Apr 19 M&W, 7-8pm  
 #200388 Mar 7 - Apr 20 T&Th, 7-8pm  
 #200390 Mar 7 - Apr 20 T&Th, 11am-12pm  
 #200393 Mar 4 - Apr 22 Sa, 9-10am

#### **Lake Lynn Community Center**

#200394 Mar 6 - Apr 19 M&W, 6-7pm  
 #200389 Mar 4 - Apr 15 Sa, 9-10am

#### Adult Level 2.0/2.5 Drills - Age 18 years and up

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$120 Weekday/\$60 Saturday

#### **Millbrook Exchange Tennis Center**

#200423 Mar 6 - Apr 24 M&W, 11am-12pm  
 #200428 Mar 6 - Apr 19 M&W, 6-7pm  
 #200424 Mar 7 - Apr 20 T&Th, 10-11am  
 #200425 Mar 7 - Apr 20 T&Th, 7-8pm  
 #200426 Mar 4 - Apr 22 Sa, 10-11am

#### **Adult Cardio – All Levels - Age 18 years and up**

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Fee: \$60

#### **Millbrook Exchange Tennis Center 9-10am**

#200887 Mar 7 - Apr 18 T #200886 Mar 9 - Apr 20 Th #200888 Mar 10 - Apr 21 F

#### **No Rain Makeups**

Class length is seven weeks, which includes one bonus week. If there is more than one week of rain-outs, classes can be made up during other class times by emailing [david.bell@raleighnc.gov](mailto:david.bell@raleighnc.gov)



**RALEIGH** Parks,  
 Recreation and  
 Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

#### Adult Level 3.0 Drills - Age 18 years and up

Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin and slice serving. To advance, players must be at the 3.5 level or be able to hit topspin and underspin and slice serves.

Fee: \$120 Weekday/\$60 Saturday

#### **Millbrook Exchange Tennis Center**

#200314 Mar 6 - Apr 19 M&W, 7-8pm  
 #200315 Mar 7 - Apr 20 T&Th, 6-7pm  
 #200316 Mar 4 - Apr 22 Sa, 11am-12pm

#### **Lake Lynn Community Center**

#200317 Mar 6 - Apr 19 M&W, 8-9pm

#### Adult Level 3.5 Drills - Age 18 years and up

Must be at the NTRP 3.5 level or able to hit topspin and underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level.

Fee: \$120 Weekday/\$60 Saturday

#### **Millbrook Exchange Tennis Center**

#200446 Mar 7 - Apr 20 T&Th, 6-7pm  
 #200447 Mar 4 - Apr 22 Sa, 12-1pm

#### Adult Level 4.0/4.5 Drills - Age 18 years and up

Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run.

### Adult Competition

#### Ladder - Age 18 years and up

Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Fee: \$24

#### Singles Mar 6 - May 8

#198446 Men's 3.0	#198451 Women's 2.5
#198447 Men's 3.5	#198452 Women's 3.0
#198448 Men's 4.0	#198453 Women's 3.5
#198449 Men's 4.5	#198454 Women's 4.0/4.5
#198450 Coed Open	

#### Singles Nov 21 - Feb 6

#194550 Men's 3.0	#194555 Women's 2.5
#194551 Men's 3.5	#194556 Women's 3.0
#194552 Men's 4.0	#194557 Women's 3.5
#194553 Men's 4.5	#194558 Women's 4.0/4.5
#194554 Coed Open	

#### Doubles Nov 21-Feb 20

#194590 Women's 3.5  
 #194591 Women's 4.0

#### Tennis Quadrants - 18 years and up

All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Class Fee: \$40

#### Women's Quadrants

#194839 Nov 30 - Feb 22	W, 10am-12pm
#200895 Feb 27 - May 8	M, 7:00-9:00pm
#200893 Mar 1 - May 10	W, 9:30-11:30am

#### Free Play for Seniors - Age 55 years and up

Free organized play for senior tennis players. This is a drop-in mixer with all levels of play. Simply show up and play at no charge.

#### **Millbrook Exchange Tennis Center**

#201143 Jan 5 - Apr 27 M&Th, 9am-12pm

For more information about Raleigh Parks,  
 Recreation and Cultural Resources Tennis,  
 please call 919-872-4128.

To check for weather related cancelations, visit  
[www.raleightennis.com](http://www.raleightennis.com). Click "City Programs".



Registration opens 11/30/2016