Junior Tennis - 2022 Summer Session II

Junior Instruction

Tennis Jr. Level 1
No experience needed for this class. Players will build rallying skills, basic strokes, scorekeeping, and learn the rules. To graduate to level 2, players must have a sustained rally, make 6 out of 10 serve in, keep score and play a full court set.
Class Fee: $132 Weekday/$72 Saturday

Ages 6-8, Millbrook Exchange Tennis Center
301 Jul 11 - Aug 24 M&W 5-6pm
302 Jul 12 - Aug 25 T&Th 5-6pm
303 Jul 9 - Aug 20 Sa 11-12pm

Ages 8-10, Millbrook Exchange Tennis Center
310 Jul 11 - Aug 24 M&W 5-6pm
311 Jul 12 - Aug 25 T&Th 5-6pm
312 Jul 9 - Aug 21 Sa 9-10am
313 Jul 9 - Aug 21 Sa 10-11am
314 Jul 9 - Aug 21 Sa 11-12pm

Ages 10-18, Millbrook Exchange Tennis Center
320 Jul 11 - Aug 24 M&W 4-5pm
321 Jul 12 - Aug 25 T&Th 4-5pm
322 Jul 9 - Aug 21 Sa 10-11am

Tennis Jr. Level 2
Must be able to have a sustained rally, 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, serve, overhead and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.
Class Fee: $132 Weekday/$72 Saturday

Ages 10-18, Millbrook Exchange Tennis Center
300 Jul 11 - Aug 24 M&W 4-5pm
301 Jul 12 - Aug 25 T&Th 4-5pm
302 Jul 9 - Aug 21 Sa 9-10am

Tennis Summer Mini-Camp
Instruction and play for juniors of all levels. Players will be placed on the court of their ability. Players with no experience will learn how to play matches. Players with experience will learn how to play more competitive matches. On rainy days, class has indoor strategy training. Fee: $132

Millbrook Tennis Center, Mon-Fri 9am-12pm

<table>
<thead>
<tr>
<th>Ages 9-10</th>
<th>Ages 10-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 13-17</td>
<td>103</td>
</tr>
<tr>
<td>Jun 20-24</td>
<td>203</td>
</tr>
<tr>
<td>Jun 27-Jul 1</td>
<td>303</td>
</tr>
<tr>
<td>Jul 11-15</td>
<td>403</td>
</tr>
<tr>
<td>Jul 18-22</td>
<td>503</td>
</tr>
<tr>
<td>Jul 25-29</td>
<td>603</td>
</tr>
<tr>
<td>Aug 1-5</td>
<td>703</td>
</tr>
<tr>
<td>Aug 8-12</td>
<td>803</td>
</tr>
<tr>
<td>Aug 15-19</td>
<td>903</td>
</tr>
</tbody>
</table>

Registration opens March 22, 2022 on RecLink.

Junior Competition

USTA Junior Team Tennis (JTT),
Ages 6-18, JTT consists of a practice and match each week. Players compete in singles and doubles matches against other area co-ed teams. JTT players can rally at least 6 times consistently and serve 6 out of 10 balls on each side. Players will be placed on teams based on their level and age as of 8/31/21.
PRCR Fee: $132
USTA Local League Fee: $22
For Summer and Fall JTT Info: www.raleightennis.com/junior-team-tennis
Or
Email JTT League Coordinator Cheri Kohan, Cheri.Kohan@raleighnc.gov

No Rain Makeups
Class length is seven weeks, which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.
## Adult Instruction

### Adult Level 1

**Ages 18+:** No experience needed! Forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping 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.  
Class Fee: $132 Weekday/$72 Saturday  
**Millbrook Exchange Tennis Center**  
301 Jul 11 - Aug 24  
M&W 10-11am  
302 Jul 11 - Aug 24  
M&W 6-7pm  
303 Jul 12 - Aug 25  
T&Th 11-12pm  
304 Jul 12 - Aug 25  
T&Th 7-8pm  
305 Jul 9 - Aug 21  
Sa 9-10am  
306 Jul 9 - Aug 21  
Sa 12-1pm  
**Lake Lynn Community Center**  
307 Jul 9 - Aug 21  
Sa 9-10am  

### Adult Level 2

**Ages 18+:** 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 and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match.  
Class Fee: $132 Weekday/$72 Saturday  
**Millbrook Exchange Tennis Center**  
301 Jul 11 - Aug 24  
M&W 11-12pm  
302 Jul 11 - Aug 24  
M&W 7-8pm  
303 Jul 12 - Aug 25  
T&Th 10-11am  
304 Jul 12 - Aug 25  
T&Th 6-7pm  
305 Jul 9 - Aug 21  
Sa 10-11am  
306 Jul 9 - Aug 21  
Sa 11-12pm  
**Lake Lynn Community Center**  
307 Jul 9 - Aug 21  
Sa 10-11am  

### Adult 2.5 Drills

**Ages 18+:** Must be at the NTRP 2.5 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin on both groundstrokes, underspin and slice on the serve. To advance to 3.5 Drills, players must be able to hit topspin and underspin on both volleys and slice on the serve.  
Class Fee: $132 Weekday/$72 Saturday  
**Lake Lynn Community Center**  
301 Jul 12 - Aug 25  
T&Th 6-7pm  
302 Jul 12 - Aug 25  
T&Th 7-8pm  
303 Jul 9 - Aug 21  
Sa 11-12pm  

### Adult 3.0 Drills

**Ages 18+:** Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin on both groundstrokes, underspin and slice on the serve. To advance to 3.5 Drills, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.  
Class Fee: $132 Weekday/$72 Saturday  
**Lake Lynn Community Center**  
301 Jul 12 - Aug 25  
T&Th 6-7pm  
302 Jul 12 - Aug 25  
T&Th 7-8pm  
303 Jul 9 - Aug 21  
Sa 11-12pm  

### Adult 3.5 Drills

**Ages 18+:** Must be at the NTRP 3.5 level or be able to hit topspin and underspin on groundstrokes, underspin volleys and slice serves during match play. This is a drills class, which will work on all of your strokes.  
Class Fee: $132 Weekday/$72 Saturday  
**Lake Lynn Community Center**  
301 Jul 9 - Aug 21  
Sa 12-1pm  

### Quadrants

**Ages 18+:** 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. Quads Fee: $44  
**Millbrook Exchange Tennis Center**  
**Women’s Quads**  
201 May 30 - Jul 25  
M 7-9pm  
202 Jun 1 - Jul 27  
W 9:30-11:30am  
**2.0-2.5 Co-Ed Quads**  
203 Jun 2 - Jul 28  
Th 7-9pm  

## Adult Competition

### Ladder

**Ages 18+:** 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.  
Ladder Fee: $24  
**Singles: Aug 22 - Nov 6**  
301 Men’s 3.0  
302 Men’s 3.5  
303 Men’s 4.0  
304 Men’s 4.5  
**Doubles Aug 22 - Nov 6**  
302 Men’s 4.0  
301 Women’s 3.5  

### World Team Tennis - Ages 18+

WTT is co-ed teams competing in a format of six no-ad sets; men’s and women’s doubles, men’s and women’s singles, two sets of mixed doubles. Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match.  
Team Fee: $75  
May 16 - Jul 22  

### Adult Cardio – All Levels - Age 18+

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.  
Class Fee: $72  
201 May 13 - Jun 24  
F, 9-10am  
202 Jul 15 - Aug 26  
F, 9-10am  

### Free Play for Seniors

**Ages 55+:** 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**  
May 2 - Aug 29  
M&Th 9-12pm  

---

For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-996-4129.  
To check for weather-related cancellations, visit raleighnc.gov/tennis. Click on “Weather Alert.”  
Registration opens March 22, 2022 on RecLink.