

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 the 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

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|-----|-----------------|------|---------|
| 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

| | <u>Ages 8-10</u> | <u>Ages 10-18</u> |
|--------------|------------------|-------------------|
| Jun 13-17 | 103 | 104 |
| Jun 20-24 | 203 | 204 |
| Jun 27-Jul 1 | 303 | 304 |
| Jul 11-15 | 403 | 404 |
| Jul 18-22 | 503 | 504 |
| Jul 25-29 | 603 | 604 |
| Aug 1-5 | 703 | 704 |
| Aug 8-12 | 803 | 804 |
| Aug 15-19 | 903 | 904 |

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

Registration opens March 22, 2022 on [RecLink](#).

PARKS, RECREATION
AND CULTURAL
RESOURCES

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 Tennis - 2022 Summer Session II



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

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|-----|-----------------|------|---------|
| 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

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|-----|----------------|----|--------|
| 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 |

Adult 2.5 Drills

Ages 18+: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.0 Drills, players must be at the 3.0 level or be able to hit topspin or underspin on some groundstrokes or volleys.
Class Fee: \$132 Weekday/\$72 Saturday

Millbrook Exchange Tennis Center

| | | | |
|-----|-----------------|------|-------|
| 301 | Jul 11 - Aug 24 | M&W | 6-7pm |
| 302 | Jul 12 - Aug 25 | T&Th | 6-7pm |

Lake Lynn Community Center

| | | | |
|-----|----------------|----|---------|
| 303 | Jul 9 - Aug 21 | Sa | 10-11am |
|-----|----------------|----|---------|

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 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

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|-----|----------------|----|-------|
| 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

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|-----|-----------|-----|-------------|
| 301 | Men's 3.0 | 305 | Women's 2.5 |
| 302 | Men's 3.5 | 306 | Women's 3.0 |
| 303 | Men's 4.0 | 307 | Women's 3.5 |
| 304 | Men's 4.5 | | |

Doubles Aug 22 - Nov 6

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|-----|-----------|-----|-------------|
| 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

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|-----|-----------------|-----------|
| 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

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| May 2 - Aug 29 | M&Th | 9-12pm |
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PARKS, RECREATION
AND CULTURAL
RESOURCES

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](#).