

Junior Tennis - Fall 2022

Junior Instruction

Tennis Jr. Level 1

No experience needed for this class. Players will learn rallying skills, basic strokes, scorekeeping, and 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: \$209 Weekday/\$114 Saturday

Millbrook Exchange Tennis Center Ages 6-8

400 Sep 5 - Nov 16 M&W, 5-6pm
401 Sep 6 - Nov 17 T&Th, 5-6pm
402 Sep 3 - Nov 19 Sa, 11-12pm

Millbrook Exchange Tennis Center Ages 8-10

403 Sep 5 - Nov 16 M&W, 5-6pm
404 Sep 6 - Nov 17 T&Th, 5-6pm
406 Sep 3 - Nov 19 Sa, 9-10am
413 Sep 3 - Nov 19 Sa, 10-11am
408 Sep 3 - Nov 19 Sa, 11-12pm

Millbrook Exchange Tennis Center Ages 10-18

415 Sep 5 - Nov 16 M&W, 4-5pm
410 Sep 6 - Nov 17 T&Th, 4-5pm
416 Sep 3 - Nov 19 Sa, 10-11am

***Weather Policy - No Rain Makeups**

Class length is 11 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. To check for weather-related cancellations, visit raleighnc.gov/tennis and click on "Weather Alert".

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 during a match. Class Fee: \$209 Weekday/\$114 Saturday

Millbrook Exchange Tennis Center Ages 10-18

400 Sep 5 - Nov 16 M&W, 4-5pm
401 Sep 6 - Nov 17 T&Th, 4-5pm
402 Sep 3 - Nov 19 Sa, 9-10am

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 11/30/22.

PRCR Fee: \$132
USTA Local League Fee: \$22

JTT City Team Tryouts: July 18-20

Email Cheri Kohan at cheri.kohan@raleighnc.gov

JTT Registration: August 1, 10am

8U, 10U Divisions
Practices at METC: F, 5-6:30pm
Matches: Sa, 9am

300 8U Beginner
301 10U Beginner
302 10U Intermediate

12U, 14U, 18U Divisions
Practices at METC: F, 5pm, 5:30pm, or 6pm
Matches: Sa, 12uB/14uB @ 10:30am; 12uS/14uS @ 12pm; 18uB/S/G @ 1:30pm

303 12U Bronze 304 12U Silver
303 14U Bronze 307 14U Silver
308 18U Bronze 309 18U Silver

JTT League Coordinator: Cheri Kohan, Cheri.Kohan@raleighnc.gov

Registration Opens July 26, 2022

Tennis Program

919-996-4129

Visit link below and search "Tennis"

raleighnc.gov/parks



Raleigh
Parks

Adult Tennis - Fall 2022

Adult Instruction

Adult Level 1

Ages 18+: No experience needed! Forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping, and the rules. To move to level 2, players must be able to serve from the baseline, keep score, and play a full court set.
Class Fee: \$209 Weekday/\$114 Saturday

Millbrook Exchange Tennis Center

400 Sep 5 - Nov 16 M&W, 10-11am
401 Sep 5 - Nov 16 M&W, 6-7pm
409 Sep 6 - Nov 17 T&Th, 11-12pm
410 Sep 6 - Nov 17 T&Th, 7-8pm
411 Sep 3 - Nov 19 Sa, 9-10am
412 Sep 3 - Nov 19 Sa, 12-1pm

Lake Lynn Community Center

413 Sep 3 - Nov 19 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, full swing serve and overhead, and good volley technique while playing points. To pass, players must successfully demonstrate these techniques during a match.
Class Fee: \$209 Weekday/\$114 Saturday

Millbrook Exchange Tennis Center

400 Sep 5 - Nov 16 M&W, 11-12pm
407 Sep 5 - Nov 16 M&W, 7-8pm
408 Sep 6 - Nov 17 T&Th, 10-11am
409 Sep 6 - Nov 17 T&Th, 6-7pm
410 Sep 3 - Nov 19 Sa, 10-11am
411 Sep 3 - Nov 19 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, 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: \$209 Weekday/\$114 Saturday

Millbrook Exchange Tennis Center

400 Sep 5 - Nov 16 M&W, 6-7pm
401 Sep 6 - Nov 17 T&Th, 6-7pm

Lake Lynn Community Center

402 Sep 3 - Nov 19 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, 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: \$209 Weekday/\$114 Saturday

Lake Lynn Community Center

400 Sep 6 - Nov 17 T&Th, 6-7pm
404 Sep 6 - Nov 17 T&Th, 7-8pm
405 Sep 3 - Nov 19 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 on volleys, and slice serves during match play. This is a drills class that will work on all of your strokes.
Class Fee: \$209 Weekday/\$114 Saturday

Lake Lynn Community Center

400 Sep 3 - Nov 19 Sa, 12-1pm

Adult Cardio - All Levels - Age 18+

Cardio Tennis is a fun group activity featuring drills to give players of all abilities the ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis includes a warm-up, cardio workout, and cool down. Try it to get in shape and burn calories.
Class Fee: \$72

Millbrook Exchange Tennis Center

400 Sep 9 - Nov 18 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. Show up and play at no charge.

Millbrook Exchange Tennis Center

Sep 1 - Dec 31 M&Th, 9-12pm

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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 3.0 305 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 M/W 4.5

Doubles Aug 22 - Nov 6

302 Men's 4.0 301 Women's 3.5

Singles: Nov 22 - Feb 6

401 Men's 3.0 405 Women's 2.5
402 Men's 3.5 406 Women's 3.0
403 Men's 4.0 407 Women's 3.5
404 M/W 4.5

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

300 Sep 5 - Nov 14 M, 7-9pm
301 Sep 7 - Nov 16 W, 9:30-11:30am

2.0-2.5 Co-Ed Quads

302 Sep 8 - Nov 17 Th, 7-9pm

Want to be a sub for Quads? Email Cheri Kohan at cheri.kohan@raleighnc.gov

Registration Opens July 26, 2022
Tennis Program
919-996-4129
Visit link below and search "Tennis"

raleighnc.gov/parks



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