

# Junior Tennis - 2020 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

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

#256234	Jul 27 - Sep 9	M&W, 5-6pm
#256235	Jul 27 - Sep 9	M&W, 6-7pm
#256236	Jul 28 - Sep 10	T&Th, 5-6pm
#256237	Jul 28 - Sep 10	T&Th, 6-7pm
#256238	Aug 1 - Sep 12	Sa, 9-10am
#256239	Aug 1 - Sep 12	Sa, 10-11am
#256240	Aug 1 - Sep 12	Sa, 11-12pm

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

#256243	Jul 27 - Sep 9	M&W, 5-6pm
#256244	Jul 27 - Sep 9	M&W, 6-7pm
#256245	Jul 28 - Sep 10	T&Th, 5-6pm
#256246	Jul 28 - Sep 10	T&Th, 6-7pm
#256247	Aug 1 - Sep 12	Sa, 9-10am
#256248	Aug 1 - Sep 12	Sa, 11-12pm

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

#256251	Jul 27 - Sep 9	M&W, 4-5pm
#256252	Jul 28 - Sep 10	T&Th, 4-5pm
#256253	Jul 28 - Sep 10	Sa, 10-11am

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

#256241	Jul 27 - Sep 9	M&W, 4:30-5:30pm
#256242	Aug 1 - Sep 12	Sa, 10-11am

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

#256249	Jul 28 - Sep 10	T&Th, 5:30-6:30pm
#256250	Aug 1 - Sep 12	Sa, 11-12pm

### 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

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

#256262	Jul 27 - Sep 9	M&W, 5-6pm
#256263	Jul 28 - Sep 10	T&Th, 5-6pm
#256264	Aug 1 - Sep 12	Sa, 11-12pm

### Tennis Jr. Level 2, Continued

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

#256265	Jul 27 - Sep 9	M&W, 4-5pm
#256266	Jul 28 - Sep 10	T&Th, 4-5pm
#256267	Aug 1 - Sep 12	Sa, 9-10am
#256268	Aug 1 - Sep 12	Sa, 10-11am

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

#256269	Jul 28 - Sep 10	T&Th, 4-5pm
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### Tennis Jr. Level 3

Must use full swing on all strokes during match play to enter this class. Focus is 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 ground-strokes, underspin on both volleys and slice on the serve. Class Fee: \$132 Weekday/\$72 Saturday

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

#256273	Jul 27 - Sep 9	M&W, 5-6pm
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#### **Millbrook Exchange Tennis Center, Ages 10-18**

#256274	Jul 28 - Sep 10	T&Th, 4-5pm
#256275	Aug 1 - Sep 12	Sa, 11-12pm

### Tennis Summer 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>
Jul 20-24	#256323	#256332
Jul 27-31	#256324	#256333
Aug 3-7	#256325	#256334
Aug 10-14	#256326	#256335

## Junior Competition

### USTA Junior Team Tennis (JTT)

*Fall Preview - class codes to come*

Sept 11 - Nov 8, 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 Nov. 30, 2020.

PRCR Fee: \$132

USTA Annual Membership Fee: \$20

USTA Local League Fee: \$22

#### **8U, 10U Divisions:**

Practices: Fridays, 5pm - 6:30pm @ METC  
Matches: Saturdays, 9am

#### **12U, 14U, 18U Divisions:**

Practices: Fridays, TBD @ METC

Matches: Saturdays:

10:30am - 12uB/14uB

12pm - 12uS/14uS

1:30pm - 18uB/S/G

#### **Fall Important Dates:**

July 20-24 - JTT Tryouts, 5pm-6pm

July 28 - JTT Registration Opens

Sept 11 - First Practice

Sept 19 - First Match

Oct 30 - Last Practice

Oct 31 - Last Match

Nov 6-8 - End of Season Tournament

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#### **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](mailto:david.bell@raleighnc.gov)

Registration opens March 24, 2020

# Adult Tennis - 2020 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**

#256373 Jul 27 - Sep 9 M&W, 10-11am  
#256379 Jul 27 - Sep 9 M&W, 6-7pm  
#256380 Jul 28 - Sep 10 T&Th, 11-12pm  
#256381 Jul 28 - Sep 10 T&Th, 7-8pm  
#256382 Aug 1 - Sep 12 Sa, 9-10am  
#256383 Aug 1 - Sep 12 Sa, 12-1pm

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

#256384 Jul 27 - Sep 9 M&W, 6-7pm  
#256385 Aug 1 - Sep 12 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**

#256392 Jul 27 - Sep 9 M&W, 7-8pm  
#256393 Jul 28 - Sep 10 T&Th, 6-7pm

### 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**

#256405 Jul 27 - Sep 9 M&W, 11-12pm  
#256406 Jul 27 - Sep 9 M&W, 6-7pm  
#256415 Jul 28 - Sep 10 T&Th, 10-11am  
#256416 Jul 28 - Sep 10 T&Th, 7-8pm  
#256418 Aug 1 - Sep 12 Sa, 10-11am  
#256419 Aug 1 - Sep 12 Sa, 12-1pm

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

#256420 Jul 28 - Sep 10 T&Th, 6:30-7:30pm

### 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

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

#256425 Jul 27 - Sep 9 M&W, 7-8pm  
#256426 Jul 28 - Sep 10 T&Th, 6-7pm  
#256427 Aug 1 - Sep 12 Sa, 11-12pm

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

#256428 Jul 27 - Sep 9 M&W, 8-9pm

### 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

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

#256431 Jul 27 - Sep 9 M&W, 7-8pm  
#256432 Aug 1 - Sep 12 Sa, 12-1pm

### Adult Cardio - All Levels

Ages 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

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

#256441 Jul 28 - Sep 8 T  
#256442 Jul 30 - Sep 10 Th  
#256443 Jul 31 - Sep 11 F

### 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**

Jul 27 - Sep 10 M&Th, 9-12pm

## Adult Competition

### Challenge 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 Jun 1 - Aug 23

#255767 Men's 3.0 #255771 Women's 2.5  
#255768 Men's 3.5 #255772 Women's 3.0  
#255769 Men's 4.0 #255773 Women's 3.5  
#255770 Men's 4.5

### Singles Aug 31 - Nov. 8

#255774 Men's 3.0 #255778 Women's 2.5  
#255775 Men's 3.5 #255779 Women's 3.0  
#255776 Men's 4.0 #255780 Women's 3.5  
#255777 Men's 4.5

### Doubles Aug. 31 - Nov 15

#255766 Men's 4.0 #255765 Women's 3.5

### 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**

#256447 Jul 20 - Aug 31 M, 7-9pm  
#256446 Jul 22 - Sept 2 W, 9:30-11:30am

##### **2.0-2.5 Co-Ed Quads**

#256448 Jul 23 - Sept 3 Th, 7-9pm

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AND CULTURAL  
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For more information about Raleigh Parks, Recreation and Cultural Resources Tennis, please call 919-996-4129.

Registration opens March 24, 2020