



## ADULT TENNIS CLASS LEVELS

### Adult Beginner (NTRP 1.0-1.9)

You have no (or limited) tennis experience and are still working on getting the ball over the net. You may be familiar with scoring, but not with basic positions and procedures of singles and doubles play. Instruction includes stroke production, basic court position and singles and doubles strategy.

### Adult Advanced Beginner (NTRP 2.0-2.5)

You have had some lessons but need on-court experience. You have obvious stroke weaknesses, but are beginning to feel comfortable with singles and doubles play. Classes include stroke development, footwork, court position, strategy and match play.

### Adult Intermediate I (NTRP 2.6-3.0)

You have more dependable strokes, but can't judge where the ball is going, have weak court coverage and are still working to keep the ball in play with others of the same ability level. Classes include stroke development, footwork, court position, strategy, cooperative consistency drills and match play.

### Adult Intermediate II (NTRP 3.1-3.5)

You can place shots with moderate success and can sustain a rally of slow pace, but are not comfortable with all strokes and lack consistency in serving. Classes include advanced stroke development, footwork, court position, strategy, consistency drills, competitive play action drills and match play.

### Adult Intermediate III (NTRP 3.6-4.0)

You still lack stroke dependability, depth and variety, but have improved ability to direct shots away from opponent. You rarely double fault, but do not force errors on the serve. You hit forehand and backhand volleys with consistency if ball is within reach. Classes include advanced stroke development, cooperative and competitive play action drills and match play.

### Adult Intermediate IV (NTRP 4.1-4.5)

You have more dependable strokes on both forehand and backhand sides, have the ability to use a variety of shots including lobs, overheads and volleys, can place the first serve and force some errors. You are rarely out of place in a doubles game. Class emphasis is on approach shots, footwork, shot selection and the transition game through play action drills and controlled match play.

### Adult Advanced (NTRP 4.6 and above)

You can overcome some stroke deficiencies with either outstanding shots or exceptional consistency. You can hit the first serve with power and hit with placement the second serve. You can approach the net at opportune times to force an error with some success and can hit drop shots, half volleys and overhead smashes with above-average success.

## YOUTH TENNIS CLASS LEVELS

### QuickStart 1 (ages 4-5)

This special program focuses on the fun and fundamentals of tennis. Our program helps children learn gross and fine motor skills, along with tennis skills. Parents are asked to stay for the entire class so they can learn the necessary fundamental exercises and skills, which will help guide their children towards tennis success.

### QuickStart 2 (ages 6-7)

This is a fun introduction to different aspects of tennis skills, along with the necessary motor skills. Kids will play tennis-related games to help teach the different tennis skills, including areas of the court, racquet control, ground strokes and volleys. Parents are encouraged to stay for the entire class.

### Beginner (NTRP 1.0-1.9)

Ideal for ages 7+ just taking up tennis. Instruction includes eye-hand coordination, racquet skills, stroke production with emphasis on ground strokes, serve, return and volleys. Court position, scoring and singles and doubles strategy are introduced.

### Advanced Beginner (NTRP 2.0-2.5)

You've had basic instruction but need further review of fundamentals. Stroke development, footwork, strategy and match play is included.

### Intermediate I (NTRP 2.6-3.0)

You've developed more dependable strokes, but still work to keep the ball in play with others at the same ability level. You need to develop court coverage and judgment of ball speed and direction. Classes include stroke development, cooperative consistency drills, footwork, strategy, play action drills and match play.