



## Fall/Winter 2021-2022

RIRC Adult

Program Schedule

Sept 6, 2021-May 31, 2022

### Program Highlights

- UTR Partnership in clinics, match play & tournaments
- Adhere to all COVID-19 tennis player guidelines set by the USTA

### To register please email

rircadultprograms@advantagetennisclubs.com

For same day sign ups please call the front desk at 212.935.0250.

24-hour cancellation policy for all classes / programs to avoid being charged

### INSTRUCTIONAL PROGRAMS

Adult QuickStart for Beginners: \$249 for 9 hours of group instruction

Cardio Tennis – cost per class: \$55 MEM / \$67 NM

1 ½ Hour Class – cost per class: \$64 MEM / \$81 NM

2 Hour Class – cost per class: \$74 MEM / \$92 NM

### PLAYING PROGRAMS

Early Bird Organized Matchplay	MEM	NM
Monthly:	\$275	\$325
Daily:	\$39 – 1 hr	\$41 – 1 hr
	\$49 – 2 hr	\$66 – 2 hr

Wednesday Mixer: \$47 MEM / \$64 NM

Advanced Singles League: \$62 MEM / \$80 NM

Saturday Night Match Play Mixer: \$37 MEM / \$50 NM

Player Improvement Program: MEM -\$45/hr per person  
NM - \$55/hr per person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am	3.5-4.0 EARLY BIRD ORGANIZED MATCH PLAY 7-9am		
PLAYER IMPROVEMENT PROGRAM 10am-12pm	PLAYER IMPROVEMENT PROGRAM 10am-12pm	PLAYER IMPROVEMENT PROGRAM 10am-12pm	PLAYER IMPROVEMENT PROGRAM 10am-12pm	PLAYER IMPROVEMENT PROGRAM 10am-12pm		
3.0-3.5+ MONDAY MIXER 11am-1pm	3.0+ DRILL & PLAY 12-2pm	3.0-3.5+ WEDNESDAY MIXER 11am-1pm	3.0+ DRILL & PLAY 12-2pm	3.0+ DRILL & PLAY 12-1:30pm		2.5-3.0 DRILL & PLAY 1:30-3pm
3.0/3.5 CARDIO-Classic 7-8:30pm	4.0+ CARDIO-Classic 8-9:30pm	3.0+ DRILL & PLAY 12-2pm	3.0-3.5 DRILL & PLAY 8:30-9:30pm			3.0-3.5 DRILL & PLAY 3-5:00pm
	2.5-3.0 DRILL & PLAY 8-9:30pm					QUICKSTART 1/2 1.0-2.0 5-6:30pm
4.0+ DRILL & PLAY 8pm-9:30pm		3.5-4.0 CARDIO-Classic 8-9:30pm	3.0-3.5 DRILL & PLAY 8-9:30pm			
QUICKSTART 1/2 1.0-2.0 8:30-10pm	QUICKSTART 1/2 1.0-2.0 8:30-10pm	QUICKSTART 1/2 1.0-2.0 8:30-10pm	QUICKSTART 1/2 1.0-2.0 8:30-10pm			UTR EVENTS 6:30-9:30pm
ADVANCED SINGLES LEAGUE 3.5-4.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-4.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-4.0 9-11pm	ADVANCED SINGLES LEAGUE 3.5-4.0 9-11pm		MATCH PLAY MIXER 3.5-4.0 8-11pm	



We've Got Your Game

For more information please visit us at [www.rircatennis.com](http://www.rircatennis.com)

Director of Adult Tennis

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Adult Tennis Coordinator

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# Adult Development Pathway

	USTA 1.0-1.5 QuickStart	USTA 2.0 Developer	USTA 2.5 Low Intermediate	USTA 3.0 Intermediate	USTA 3.5 Hi Intermediate	USTA 4.0 Advanced	USTA 4.5+ High Performance
PLAYING PROGRAMS	<ul style="list-style-type: none"> <li>Social Play</li> </ul>	<ul style="list-style-type: none"> <li>Developmental Play</li> </ul>	<ul style="list-style-type: none"> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Early Bird Match Play</li> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Early Bird Match Play</li> <li>Advanced Singles Ladder</li> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Early Bird Match Play</li> <li>Advanced Singles Ladder</li> <li>Mon/Wed Invitational</li> <li>Sat Mixer</li> </ul>	<ul style="list-style-type: none"> <li>Advanced Singles Ladder</li> </ul>
INSTRUCTIONAL PROGRAMS	<ul style="list-style-type: none"> <li>QuickStart 1</li> <li>QuickStart 2</li> <li>*Session Based</li> </ul>	<ul style="list-style-type: none"> <li>Player Improvement Program (PIP)</li> <li>* Session Based</li> <li>Classic Cardio Tennis</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Classic Cardio Tennis</li> <li>Player Improvement Program</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Classic Cardio</li> <li>Cardio Play</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Classic Cardio</li> <li>Cardio Play</li> <li>Singles Tactics</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Play Cardio</li> <li>Singles Tactics</li> </ul>	<ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> </ul>
OBJECTIVES	<ul style="list-style-type: none"> <li>Introduction</li> <li>Strokes</li> <li>Grips</li> <li>Footwork</li> <li>Rallying</li> <li>Rules of Play</li> <li>Singles/Doubles</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals</li> <li>Technique</li> <li>Tactics</li> <li>Consistency</li> <li>Singles/Doubles play</li> <li>Court Position</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals &amp; Specific Skills</li> <li>Technique</li> <li>Tactics</li> <li>Consistency</li> <li>How to Practice</li> <li>Footwork</li> </ul>	<ul style="list-style-type: none"> <li>Specific &amp; Essential Skills</li> <li>Technical skills</li> <li>5 Ball Skills</li> <li>High Percentage Play</li> <li>Stances</li> <li>Footwork Skills</li> </ul>	<ul style="list-style-type: none"> <li>Learn to Compete</li> <li>5 Ball Skills</li> <li>5 Tactical Priorities</li> <li>Wardlaw Directionals</li> <li>Stances</li> <li>Footwork Cycle</li> <li>Mental Game</li> </ul>	<ul style="list-style-type: none"> <li>3 Phases of Technique</li> <li>Styles of Play</li> <li>Patterns of Play</li> <li>Mental Skills</li> <li>Static/Dynamic Balance</li> <li>Time Management</li> </ul>	<ul style="list-style-type: none"> <li>Learn to Win</li> <li>Serve/Return +1</li> <li>6 tactical pillars</li> <li>Strategy</li> <li>Analytics</li> <li>Specialty Shots</li> <li>Competitive</li> </ul>
LEVEL	USTA 1.0-1.5 QuickStart	USTA 2.0 Developer	USTA 2.5 Low Intermediate	USTA 3.0 Intermediate	USTA 3.5 Hi Intermediate	USTA 4.0 Advanced	USTA 4.5+ High Performance

\* QuickStart Level 1 & 2 and PIP Classes are all session based