



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	3.5+ 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 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

Director of Adult Tennis

Tony Huber

thuber@advantagetennisclubs.com

Adult Tennis Coordinator

Brittany Thompson

rircadultprograms@advantagetennisclubs.com

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