



## WINTER/SPRING 2022

### RIRC Adult Program Schedule

January 1, 2022-May 31, 2022

**To register please email**

rircadultprograms@advantagetennisclubs.com

**For same day sign ups** please call the front desk at 212.935.0250 ext 0

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

**QUICKSTART FOR ADULT BEGINNERS!**

Level 1 and 2      \$249 for 6 sessions/9 hours

Level 3            \$329 for 5 sessions/7.5 hours (4/1 ratio)

Each series starts every 7 weeks. Inquire about upcoming classes by emailing rircadultprograms@advantagetennisclubs.com

**INSTRUCTIONAL PROGRAMS**

Off Peak - 1 1/2 Hour Class - cost per class: \$32 MEM / \$45 NM

Off Peak - 2 Hour Class - cost per class: \$40 MEM / \$55 NM

Cardio Tennis - 1 1/2 Hour Class - cost per class: \$55 MEM / \$67 NM

Prime Time - 1 1/2 Hour Class - cost per class: \$64 MEM / \$81 NM

Prime Time - 2 Hour Class - cost per class: \$74 MEM / \$92 NM

**Packages available - Buy 7 classes and get 1 free**

**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     |

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                 | SUNDAY                              |
|---|---|---|---|---|--|-------------------------------------|
| 3.5-4.0<br>EARLY BIRD<br>ORGANIZED MATCH<br>PLAY<br>7-9am | 3.5-4.0<br>EARLY BIRD<br>ORGANIZED MATCH<br>PLAY<br>7-9am | 3.5-4.0<br>EARLY BIRD<br>ORGANIZED MATCH<br>PLAY<br>7-9am | 3.5-4.0<br>EARLY BIRD<br>ORGANIZED MATCH<br>PLAY<br>7-9am | 3.5-4.0<br>EARLY BIRD<br>ORGANIZED<br>MATCH PLAY<br>7-9am |  |                                     |
| 3.0-3.5+<br>MONDAY MIXER<br>11am-1pm                      |   | 3.0-3.5+<br>WEDNESDAY MIXER<br>11am-1pm                   |   |   |  |                                     |
| Off Peak<br>2.5-3.0<br>DRILL & PLAY<br>11:00am-12:30pm    |   |   | Off Peak<br>2.5-3.0<br>DRILL & PLAY<br>11am-12:30pm       |   |  |                                     |
| Off Peak<br>3.0-3.5<br>DRILL & PLAY<br>12:30-2:30pm       | Off Peak<br>3.0+<br>DRILL & PLAY<br>12:30-2:30pm          | Off Peak<br>3.0+<br>DRILL & PLAY<br>12:30-2:30pm          | Off Peak<br>3.5+<br>DRILL & PLAY<br>12:30-2:30pm          | Off Peak<br>2.5+<br>DRILL & PLAY<br>12-1:30pm             |  | 2.5-3.0<br>DRILL & PLAY<br>1:30-3pm |
|   |   |   |   |   |  | 3.0-3.5<br>DRILL & PLAY<br>3-5:00pm |
| 3.0-3.5<br>CARDIO PLAY<br>7-8:30pm                        | 4.0+<br>CARDIO PLAY<br>8-9:30pm                           | 2.5-3.0<br>DRILL & PLAY<br>7-8:30pm                       |   |   |  |                                     |
| 4.0+<br>DRILL & PLAY<br>8pm-9:30pm                        | 2.5-3.0<br>DRILL & PLAY<br>8-9:30pm                       | 3.5-4.0<br>CARDIO PLAY<br>8-9:30pm                        | 3.0-3.5<br>DRILL & PLAY<br>8-9:30pm                       |   |  |                                     |
| ADVANCED SINGLES<br>LEAGUE<br>3.5-5.0<br>9-11pm           | ADVANCED SINGLES<br>LEAGUE<br>3.5-5.0<br>9-11pm           | ADVANCED SINGLES<br>LEAGUE<br>3.5-5.0<br>9-11pm           | ADVANCED SINGLES<br>LEAGUE<br>3.5-5.0<br>9-11pm           |   | MATCH PLAY<br>MIXER<br>3.5-4.0<br>8-11pm |                                     |



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

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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> </ul>   | <ul style="list-style-type: none"> <li>Mon/Wed Invitational</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>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>QuickStart 3</li> <li>* Session Based</li> </ul>  | <ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> </ul>  | <ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> </ul>  | <ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> <li>Singles Tactics</li> </ul>   | <ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> <li>Singles Tactics</li> </ul>  | <ul style="list-style-type: none"> <li>Drill and Play</li> <li>Cardio Play</li> <li>Singles Tactics</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> |
| 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>Develop Game Style</li> <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