

# ADULT PROGRAMS

September 14, 2009 - May 30, 2010

Class sessions are 8 weeks unless specified  
Minimum and maximum enrollment for each class so  
Sign up and pay **NOW** to guarantee your spot!

## Adult Instructional Program

Our Adult Instructional Program is designed to match your skill level from beginner to advanced using the USTA rating system. Please refer to our rating descriptions to help you choose which class to enroll in or just speak to one of our tennis professionals.

Class Name / Rating	Code	Day & Time	Price(*)
Beginner (1.6 - 2.5)	502	Thurs 8:00 - 9:00 pm	\$160
Intermediate (2.6 - 4.0)	511	Wed 7:00 - 8:00 pm	\$180
Intermediate (2.6-4.0)	515	Sat 2:30 - 3:30 pm	\$180
Advanced (4.1+)	520	Sun 5:00 - 6:30 pm	\$200

Non-Members add \$50 to the above class prices

## Adult Rating System

The following rating system follows the USTA guideline for tennis play. It should be used as a guideline in order to determine what level of class to participate in. If still uncertain, please speak to a Match Point tennis professional.

### Beginner (Level 1.6 - 2.5)

The student has played some tennis but needs basic stroke instruction.

### Intermediate (Level 2.6 - 4.0)

The student is learning to keep the ball in play but needs to improve court position and consistency.

### Advanced (Level 4.1 and above)

The player can hit with power, depth, spin and control. Volleys can be a weapon.

## Combo Doubles League 2009

Doubles play using "combined" USTA ratings.

Sign-ups begin September 1, 2009.

Matches will be played Friday evenings or Saturday afternoons.  
Oct. through December 2009.

Please call the front desk for details.

## Mixed Doubles 2010

Coed Doubles play using "combined" USTA ratings.

Sign-ups begin December 1, 2009.

Matches will be played Friday evenings or Saturday afternoons.  
Jan. through March 2010.

Please call the front desk for details.

# ADULT DROP IN & PLAY

Minimum and maximum enrollment for each class so  
Sign up and pay **NOW** to guarantee your spot!

## Want a "DROP IN" Class?

Enroll within 24 hours to reserve your space in the classes below. Walk-ins are welcome, space permitting. The Drop & Play classes are a combination of drilling with match play singles & doubles. Supervised by Match Point tennis professionals.

Class Name / Rating	Code	Day & Time	Price(*)
Drill & Play (open level)	601	Sat 8:00 - 10:00 am	M \$16/NM\$20
Drill & Play (open level)	602	Wed 7:00 - 9:00 pm	M \$16/NM\$20
Drill & Play (senior)	610	Wed 2:30 - 3:30 pm	M/NM\$12

(\*) M - Member, NM - Non-member. Prices are per class and must be paid prior to attending the class.

# JUMP START TENNIS

Two 4 week sessions  
Minimum and maximum enrollment for each class so  
Sign up and pay **NOW** to guarantee your spot!

Jump Start Tennis is designed for the beginner. Learn the basics of tennis. Two 4 week sessions. You start from scratch and have FUN! Members and non-members are welcomed!

**Session I** - Learn the basic ground strokes, the forehand, the backhand and the serve. Upon completion advance to session 2.

**Session II** - Learn to play singles and doubles. Be introduced to court positioning, the rules of tennis. Upon completion advance to our Adult Beginner Instructional Program.

Class Name / Rating	Code	Day & Time	Price(*)
Jump Start (session I)	801	Mon 7:00 - 8:00 pm	\$60
Jump Start (session II)	802	Tues 7:00 - 8:00 pm	\$60

(\*) Open to Members and Non-Members. Price per 4 week session.

# CARDIO TENNIS

Class sessions are 8 weeks unless specified  
minimum and maximum enrollment for each class so  
Sign up and pay **NOW** to guarantee your spot!



## What is Cardio Tennis?

Cardio Tennis is a fun group activity featuring high energy workout, composed of tennis drills for players and non-players of all abilities.

## Features of Cardio Tennis:

- Consistent elevation of heart rate enhances aerobic training
- High level of calorie burn
- Focus on workout while playing tennis

Class Name / Rating	Code	Day & Time	Price(*)
Cardio Tennis	901	Mon 9:00 - 10:00 am	\$96
Cardio Tennis	902	Tues 6:00 - 7:00 pm	\$96
Cardio Tennis	904	Thurs 6:00 - 7:00 pm	\$96
Cardio Tennis	905	Sat 10:30 - 11:30 am	\$96

\*Open to Members & Non-Members

## Walk On Court Time

Monday - Friday 3:00 - 4:30pm M \$4  
No reservations and court availability not guaranteed

## Private & Semi-Private Lessons

Private & Semi-Private lessons are available on a one-time or a permanent basis. Please call the Front Desk to reserve.

## Policies & Procedures

- Payment & registration must be received in order to participate in a class. A student enrolling after the start date of a session will be charged a pro-rated fee for the remainder of the session.
- There is a minimum and maximum per class so enroll early.
- Membership is required for program participation with the exception of Quick Start (QS), Jump Start and Cardio Tennis.
- There is no makeup for absence or illness. If you are unable to continue for medical reasons proof must be given. A credit will only be applied from the date written information is provided.
- Match Point reserves the right to charge lessons and/or court fees when the court/lesson is not cancelled at least 24 hours in advance.
- Club Hours, Rates & Times subject to change without notice. Please call the Front Desk.
- Non-marking tennis shoes must be worn at all times.