

ADULT CLINIC SCHEDULE WINTER '18



STARTING NOVEMBER 5TH 2018

Day	Time	Title	Level	Main Instructor
Monday	7:00-8:00am	Workout and Strategy	3.0+	Matt
Monday	8:30-9:30am	Lengthening and Strengthening (fitness room)	All Levels	Matt
Monday	9:30-11:00am	Doubles Strategy and Play (outdoors)	3.5+	Philip
Monday	7:00-8:30pm	Advanced Drills (indoor clay/hard - 12 max)	3.5-4.5	Brent/Philip
Tuesday	7:00-8:00am	Sunrise Cardio	4.0+	Malik/Patrick
Tuesday	8:30-10:00am	Workout and Strategy	3.0+	Philip
Tuesday	10:00-11:30am	Doubles Strategy and Play	3.5+	Brent
Tuesday	11:30-1:00pm	Lunch Break Clinic	3.0+	Davis
Tuesday	7:00-8:00pm	Tennis 101 (indoor hard)	2.0-2.5	Malik
Tuesday	7:30-9:00pm	Live Ball (indoor hard)	3.5+	Davis
Tuesday	8:00-9:00pm	Advanced Beginner (indoor hard)	2.5-3.0	Malik
Tuesday	9:00-9:30pm	Serve Clinic (indoor hard)	All Levels	Malik
Wednesday	9:30-11:00am	Doubles Strategy and Play (outdoors)	3.5 and Below	Philip
Wednesday	12:00-1:00pm	The Perfect Workout (fitness room)	All Levels	Patrick
Wednesday	7:00-8:30pm	Advanced Drills (indoor hard - 8 max)	3.5-4.5	Philip/Brent
Thursday	7:00-8:30am	Sunrise Workout	3.5+	Philip/Karen
Thursday	8:30-10:00am	Doubles Strategy and Play	3.5 and Below	Karen/Brent
Thursday	11:30-1:00pm	Lunch Break Clinic	3.5+	Davis
Thursday	6:30-7:30pm	The Perfect Workout (fitness room)	All Levels	Patrick
Friday	7:00-8:00am	Advanced Drills	4.5+	Brent
Friday	8:00-9:30am	Singles Clinic	3.5+	Brent
Friday	11:30-1:00pm	Workout and Strategy	3.0+	Matt
Saturday	7:00-8:00am	Sunrise Workout	4.0+	Philip
Saturday	8:00-9:00am	The Perfect Workout (fitness room)	All Levels	Patrick
Saturday	9:00-10:00am	Tennis 101 (indoor hard)	2.0-2.5	Brent
Saturday	10:00-11:30am	Workout and Strategy (indoor hard/clay)	3.0+	Brent/Malik/Philip
Sunday	9:00-10:30am	Rise and Shine Doubles	All Levels	Davis

Doubles Strategy and Play - The last 30 mins of this group is exclusively doubles play/practice, while the first 45 mins is stroke production, with 15 mins of serving each class.

Sunrise/Sunset Workout - High-intensity workout focused on conditioning and stroke production.

Workout and Strategy - Designed for players to improve strategy, tactics, and technique in a fast-paced environment.

Tennis 101 - Create or enhance your tennis foundation basics to quickly allow you to have fun playing tennis. Whether you are a beginner, just getting back into the game, or looking for the next step from Try Tennis this class is perfect for you! This clinic will be on an indoor hard court.

Advanced Drills - Fast paced live ball doubles drilling, designed for the bigger hitters.

The Perfect Workout - A cardio and fitness clinic created specifically for tennis players; designed to help strengthen muscles used specifically for tennis while improving one's footwork and cardio. Join our certified trainer Patrick to improve your health, strength, flexibility and stamina. No racquets required. Players will meet upstairs in gym.

****Courts marked as outdoors will not run if it rains. No indoor availability.****

Lunch Break - Take your lunch break with us! 45 mins of training followed by lunch at the club prepared by Jason. Member price is \$205, drinks, food, and gratuity included as well as your tennis for 10 weeks!

Advanced Beginners - Take the next step to your improve your game! Perfect for the player who wants to reinforce their foundation and improve overall technique. Must be a rated 2.5-3.0 in order to participate in this group.

Singles Clinic - Improve your singles strategy and tactics to take your game to the next level.

Live Ball - This is a fast paced, high energy court of doubles games. No drilling or feeding with this clinic, only play! Join this group to improve your stamina and doubles play!

Rise and Shine Doubles - Pro will pair you on court, based on your abilities and rating. Guaranteed doubles matches on a Sunday morning with breakfast snacks included! *Cost is \$5 for indoor fees, only through the winter.* Exclusive to RRC members only!

Lengthening and Strengthening - Come up the fitness center with Matt to work on correcting muscle and posture imbalances so you can keep your tennis body happy for life!

****All classes are based on level of play according to USTA ratings. A pro reserves the right to change you to a clinic appropriate to your level.****

ADULT CLINIC SCHEDULE WINTER '18



2018 Raleigh Racquet Club (RRC) Adult Clinics Registration Form

WINTER I SESSION (10 WEEKS) NOVEMBER 5TH – JANUARY 13TH

WINTER SESSION II JANUARY 14TH - MARCH 24TH

****No Clinics November 22-23, December 24-26, December 31-1****

Winter 1 Early Registration Rates:

Drop-in Rates:

Winter 2 Early Registration Rates

Drop-in Rates:

½ hr	\$70 (\$91 NM)	½ hr	\$8.50 (\$11 NM)
1 hr	\$140 (\$182 NM)	1 hr	\$17 (\$22 NM)
1.5 hr	\$210 (\$273 NM)	1.5 hr	\$24 (\$31 NM)

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1 hr	\$140 (\$182 NM)	1 hr	\$17 (\$22 NM)
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Full payment must accompany registration form

Charge my: Visa MasterCard American Express Discover RRC Account

C.C. # _____ Exp. _____

Enclosed Clinic Fee(s) \$ _____ (Checks Payable to: Raleigh Racquet Club)

Selected Clinic(s): Session _____ Title _____ Time _____ Day _____

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Name _____ Member# _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-Mail Address _____

Payment membership requirement, enrollment, refund, and make-up policies:

1. Full payment must be included with the registration form.
2. A pro-rated fee will be charged to the player if:
 - The classes fall on or near major holidays
 - The player enrolls after the start of a session and is unable to make up missed sessions
 - The player knows he/she will miss a certain amount of sessions when signing up for the class
3. RRC membership is required for participation, however non-members can try one session of any adult clinic at 30 percent increased price.
4. Fee is non-refundable except as follows:
 - For medical disabilities, a pro-rated refund or credit will be given from the date the refund is requested.
 - A player shall be given a pro-rated refund or credit if a class is canceled after the start of the session.
 - A player who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.
 - If any individual class is canceled, the RRC will make every effort to reschedule the class on a date agreeable to all participants. If the class cannot be rescheduled, each player will be given a refund or credit for the canceled class. If a participant cannot attend the rescheduled class, that student shall be given a refund or credit for the class.
 - Only the Director of Tennis may approve lesson refunds, credits, and pro-rated fees.
5. There is a minimum and maximum enrollment for each class.
6. A student is allowed to make-up missed classes. To assure your class make-up, please provide five days advance notice. To request a make-up please contact Brent Bennett at Brent@rrctennis.com. If you schedule a make-up, and need to cancel please contact Brent 24 hours in advance of the scheduled make-up.

Signature _____ Date _____

The Raleigh Racquet Club
 5516 Falls of Neuse
 Raleigh, NC 27609
 (919)876-0565