

# ADULT CLINIC SCHEDULE SUMMER '18



STARTING JUNE 11<sup>TH</sup> 2018

Day	Time	Title	Level	Main Instructor
Monday	7:00-8:00am	Sunrise Workout	3.5+	Philip
Monday	9:30-10:30am	Try Ph.D.	2.0-2.5	Davis
Monday	9:30-11:00am	Doubles Strategy and Play	3.5+	Karen/Brent
Monday	12:00-1:00pm	Lunch Break Clinic	3.0-4.0	Brent
Monday	6:00-7:30pm	Doubles Strategy and Play	2.5-3.0	Davis
Monday	7:00-8:00pm	Sunset Workout	3.5+	Philip
Tuesday	8:00-9:00am	Workout and Strategy	3.0+	Philip
Tuesday	6:00-7:00pm	Tennis 101	2.0-2.5	Malik
Tuesday	6:00-7:00pm	Try Ph.D.	2.0-2.5	Brent
Tuesday	7:00-8:00pm	Advanced Beginner	2.5-3.0	Malik
Wednesday	8:00-9:00am	Singles Clinic	3.5+	Brent
Wednesday	9:30-11:00am	Doubles Strategy and Play	3.5 and Below	Karen/Brent
Wednesday	6:30-8:00pm	Advanced Drills	3.5-4.5	Brent/Philip
Thursday	7:00-8:00am	Sunrise Workout	3.5+	Karen/Philip
Thursday	6:00-7:00pm	No Guts No Glory (Cardio Tennis)	All Levels	Brent
Thursday	6:00-7:30pm	Doubles Strategy and Play	3.5-4.0	Brent
Thursday	7:00-8:00pm	TRY Ph.D.	2.0-2.5	Davis
Friday	7:00-8:00am	Advanced Drills	4.5+	Brent
Friday	8:00-9:30am	Workout and Strategy	3.0+	Matt
Friday	9:30-10:00am	Serve and Return	All Levels	Matt
Saturday	7:00am-8:00am	Sunrise Workout	4.0+	Philip
Saturday	8:30-9:30am	TRY Ph.D.	2.0-2.5	Brent
Saturday	9:30-11:00am	Workout and Strategy	3.0+	Brent
Sunday	9:00-11:00am	Rise and Shine Doubles	All Levels	

**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.

**Lunch Break Clinic** - Take your lunch break with us and make your workday better.

**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** - Develop the basics to quickly allow you to have fun playing tennis. Whether you are a beginner or just getting back into the game, this class is perfect for you!

**Try Ph.D.** - From Try Tennis to Try Grad, this is your next step. This group is designed to make you a 2.5 and get you ready for your first league competition!

**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.

**No Guts No Glory (Cardio Tennis)** - This is a Cardio Tennis based class set to music designed to improve your footwork, stamina, speed, shot making, and accuracy.

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

**Rise and Shine Doubles** – Pro will pair you on court, based on your abilities and rating. Guaranteed doubles matches on a Sunday morning! And the best part is, it is free of charge!

# ADULT CLINIC SCHEDULE SUMMER '18



## 2018 Raleigh Racquet Club (RRC) Adult Clinics Registration Form

### SUMMER SESSION 1 (5 weeks) JUNE 11-JULY 14

### SUMMER SESSION 2 (6 weeks) JULY 16-AUGUST 24

#### Early Registration Rates:

½ hr \$30 (\$39 NM)  
1 hr \$60 (\$78 NM)  
1.5 hr \$90 (\$117 NM)

#### Drop-in Rates:

½ hr \$7.50 (\$10 NM)  
1 hr \$15 (\$20 NM)  
1.5 hr \$21 (\$27 NM)

#### Early Registration Rates:

½ hr \$36 (\$47 NM)  
1 hr \$72 (\$94 NM)  
1.5 hr \$108 (\$141 NM)

#### Drop-in Rates:

½ hr \$7.50 (\$10 NM)  
1 hr \$15 (\$20 NM)  
1.5 hr \$21 (\$27)

#### 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 \_\_\_\_\_

Selected Clinic(s): Session: \_\_\_\_\_ Title \_\_\_\_\_ Time \_\_\_\_\_ Day \_\_\_\_\_

Selected Clinic(s): Session: \_\_\_\_\_ Title \_\_\_\_\_ Time \_\_\_\_\_ Day \_\_\_\_\_

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](mailto: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