



Get fit and have fun while supporting local youth development programming!

2018 Summer Adult Tennis Programs

World Team Tennis (WTT) Recreation Leagues: Have tennis skills and want to compete on a team? Grab your co-workers, friends or neighbors and hit the courts with us! In WTT, co-ed teams comprised of at least two men and two women compete in matches consisting of one set each of men's and women's doubles, men's and women's singles and two sets of mixed doubles. This unique format, which is also played by the pros, features no-ad scoring, substitutions, and coaching from the sidelines. The program was co-founded by Billy Jean King in 1985 and provides opportunities for advancement to regional and national competition. Teams compete weekly in one of five divisions based on NTRP rating: 3.0, 3.5, 4.0, or 4.5+. Matches are played at the Baseline Tennis Center. **There will be 8 weeks of play with no matches scheduled during the 4th of July week.** The season runs from June 4 to August 18 to allow for weather-related rescheduling. Register at www.urbantennis.org.



Tennis Express (Beginner Tennis Lessons): Learn basic stroke production, scoring and strategy so that you are able to hit the courts and be successful.

Tennis Express II (Intermediate Tennis Lessons): Now that you know the basics, this next class helps to fine tune all the strokes and strategies you learned from Tennis Express I. Prerequisite: Tennis Express I or previous tennis experience.

Cardio Tennis: This high energy fitness class combines tennis drills with cardiovascular exercise, delivering a full body, calorie burning workout! **Novice** classes are for people who have little or no tennis experience, are just getting into physical activity or generally want to begin playing or exercising at a little bit slower pace. **Active** classes are for athletes who currently play tennis at a higher level or are exercising regularly and want to add to their routine.

CLASS NAME	SITE	DAY	Duration	Start	End	TIME	FEE
Cardio Tennis (novice)	Edgcumbe	Mon	6 Weeks	June 4	July 16	6:00pm – 6:55pm	\$75
Cardio Tennis (active)						7:00pm – 7:55pm	
Cardio Tennis (active)	Central H.S.	Sat	6 weeks	June 9	July 21	9:00am – 9:55am	\$75
Tennis Express I	Edgcumbe	Tues	6 Weeks	June 5	July 17	6:00pm -6:55pm	\$75
	Central H.S.	Thurs	6 Weeks	June 7	July 19	6:00pm -6:55pm	\$75
Tennis Express II	Edgcumbe	Tues	6 Weeks	June 5	July 17	7:00pm – 7:55pm	\$75
	Central H.S.	Thurs	6 Weeks	June 7	July 19	7:00pm - 7:55pm	\$75

No classes will be held during the July 4th week. If classes do not fill, we allow drop-ins at \$20 per class.

For more info on all adult tennis programs or to register, please visit www.urbantennis.org. Questions? Call us at 651-222-2879.