



ADULT TENNIS

SUMMER 2018

Session I

June 11 – July 8

Session II

July 9 – August 12

ADULT LEVELS

TENNIS EXPRESS I *18 years and older*

This program is designed to introduce the game to new players and reenergize former players. Completion of the Tennis Express I may progress onto Tennis Express II & III. Open to 2.5 players or below. Please refer to NTRP players characteristic grid. FREE racket with enrollment!

	Session 1	Session 2
Monday 6 - 7 p.m.	\$56.00	\$70.00
Tuesday 11 a.m. - 12 p.m.	\$56.00	\$70.00
Thursday 6 - 7 p.m.	\$56.00	\$70.00

TENNIS EXPRESS II *18 years and older*

Although technique will continue to be a theme, as in Tennis Express I, this class deals primarily with sound doubles and singles strategy.

	Session 1	Session 2
Tuesday 12 p.m. - 1 p.m.	\$56.00	\$70.00
Wednesday* 7 p.m. - 8 p.m.	\$42.00	\$70.00

ADULT SOCIAL EVENTS

FARMSTEAD TENNIS MIXERS

Once per month there will be a Tennis Mixer for Farmstead Homeowners. Look for flyers posted on the Outpost Tennis Bulletin Board or by e-mail.

ADULT CLINICS

ADVANCED TENNIS CLINICS

Reservations are required for these clinics by calling (630) 978-6280.

CARDIO TENNIS *18 years and older.*

This clinic will get your heart pumping with various drills and music. Times will be posted on the Tennis Bulletin Board and by email.

Monday 6 - 7 p.m.

Tuesday 10 - 11 a.m. (Session will be held at Farmstead)

Thursday 7 - 8 p.m.

Cost \$14 per clinic

Sessions will be held at Rush Copley Healthplex.

MEN'S DRILL *18 years and older*

The format will be both drill and match play held on Monday & Wednesday nights for men of Farmstead. There must be a minimum of three participants to hold the drill.

Monday 7 - 8:30 p.m.

Thursday 7 - 8:30 p.m.

Cost \$18 per clinic

Sessions will be held at Rush Copley Healthplex.

CO-ED DRILL *18 years and older*

Participants are exposed to more advanced strokes, winning strategies, positioning, action packed drills, and supervised doubles play.

Saturday 7:30 - 9:00 a.m.

Wednesday 7 - 8:30 p.m.

Cost \$18 per clinic.

Sessions will be held at Rush Copley Healthplex.

No classes will be held on Wednesday, July 4, 2018



Rush Copley Healthplex Fitness Center



ADULT TENNIS

2018

FARMSTEAD LADIES PRE-TEAM PRACTICE

This class is designed to hone a players' match play skills in preparation for league play at the 2.5 level (C-team). Players will focus on technique, movement, positioning, strategy, and percentage tennis.

June 11 - August 12: (8 weeks)

Clinic Time

Wednesday* 8 a.m. - 9:30 a.m.

Pre-Team Progressive Round Robin

Thursday, 8 a.m. - 9:30 a.m.

Cost: \$168.00

PRIVATE & SEMI-PRIVATE LESSONS PRICING

Private and semi-private lessons are available at Farmstead. Players who wish to take private group lessons, please contact Mike Lange, Manager of Tennis at 630-978-6746.

CLASS TYPE	SESSION LENGTH	MASTER PRO	PROFESSIONAL	STAFF
PRIVATE	Half Hour	\$48	\$42	\$37
	Full Hour	\$75	\$67	\$62
SEMI-PRIVATE	Half Hour	\$26.75	\$23.50	\$21
	Full Hour	\$39.75	\$36	\$33.50

NATIONAL TENNIS RATING PROGRAM

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|---|---|
| <p>1.0 This player is just starting to play tennis.</p> <p>1.5 This player has limited experience and is still working primarily on getting the ball into play.</p> <p>2.0 This player needs on-court experience. This player has obvious stroke weaknesses but is familiar with basic positions for singles and doubles play.</p> <p>2.5 This player is learning to judge where the ball is going, although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.</p> | <p>3.0 This player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth, or power. Most common doubles formation is one up, one back.</p> <p>3.5 This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles.</p> |
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**No classes will be held on Wednesday, July 4, 2018*

Ball Machine & Stringing Service at Rush Copley Healthplex

Ball Machine Membership	Cost of Membership
Hourly Fee	\$10
Individual-One Season	\$75
Family-One Season	\$87.50

Stringing of Racket	Standard	Premium	Elite
Stringing & Labor	\$25	\$35	\$41
Labor Only	\$18	\$18	\$18

FARMSTEAD ADULT TENNIS INFORMATION

Sign up by calling 630-978-6280 to register for classes.

ADDITIONAL INFORMATION

Contact Mike Lange, Manager of Tennis at Rush Copley Tennis & Racquet Sports by calling 630-978-6746 or email farmsteadtennis@rushcopley.com

Rush Copley Healthplex
1900 Ogden Ave.
Aurora, IL 60504

Weather Hotline: 630-978-4829

REFUND POLICY Refunds will only be issued in the event that a class or program is cancelled due to low enrollment. All other approved refunds will be issued as program credits only. Refund/credit requests are processed only at the discretion of Healthplex management and not all requests may be deemed valid. A participant's non-use of any program of facility for Farmstead of Naperville does not constitute a refund.



Rush Copley Healthplex Fitness Center