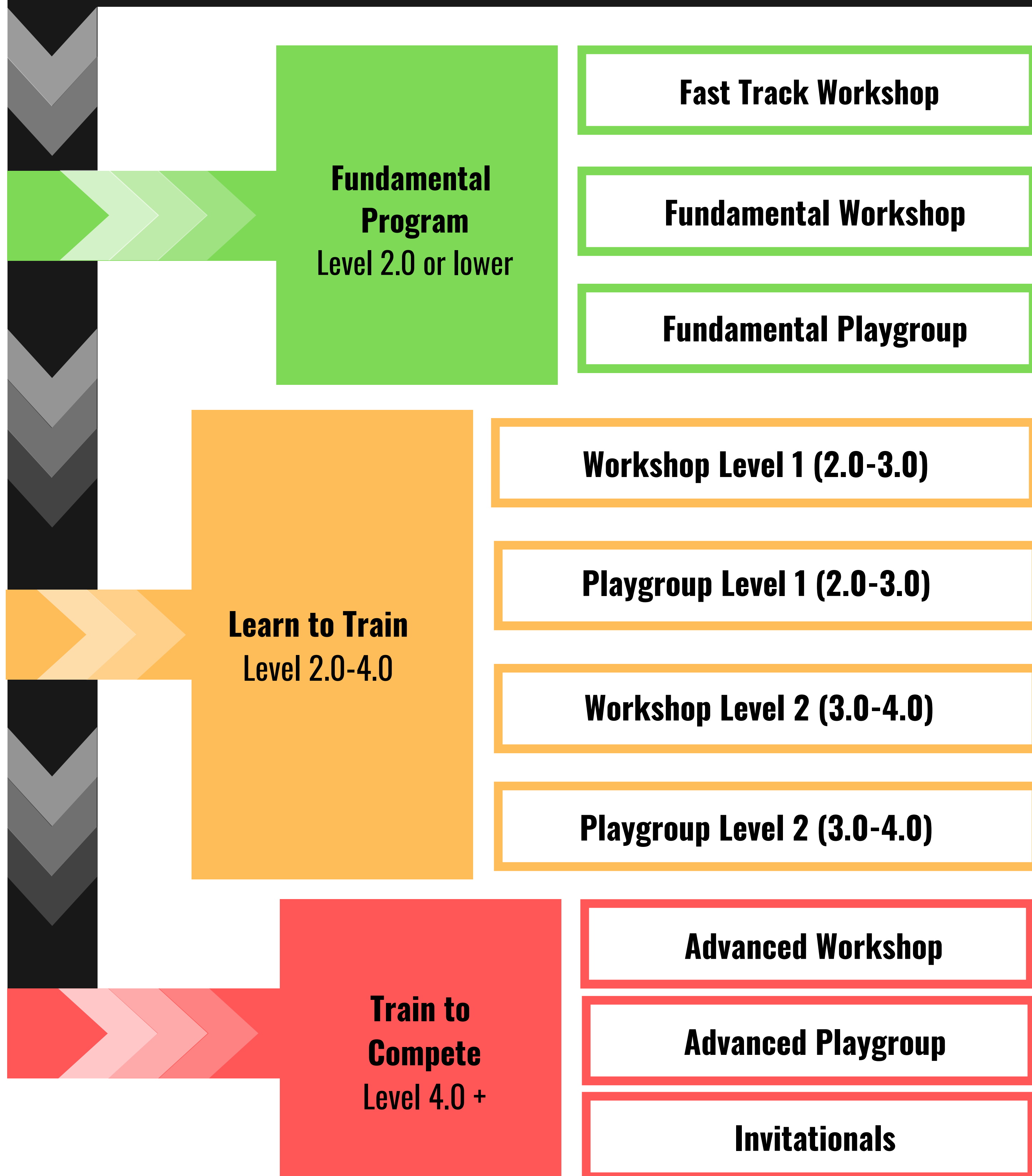




NORTHFIELD CLUB ADULT TENNIS PATHWAY

Tennis Orientation

A 30 minute complimentary session in which the Head Pro will give you a tennis rating and show you which programs and leagues are suitable for your level.



See reverse for program details.

N ADULT TENNIS PROGRAMS

Fundamental Program - 2.0 or lower

The Fundamental Program is for those who are beginners to the game of tennis and want to begin to develop fundamental skills. The focus is on building a solid technical foundation, with some attention to the basic tactics of the game.

Classes available in this program:

Fast Track Workshop - Thursday 6-7 pm, Saturday 10-11 am

A tennis basics crash-course for adult beginners. This 4 week program focuses on skill development and the basics of the game: how to hold a racquet, hit the ball, and how to rally.

Fundamental Workshop - Monday 6-7 pm

This is an ongoing weekly class that focuses on skill development. You will develop the correct swing path for backhand and forehand, and learn basic shot selection for initial tactical awareness.

Fundamental Playgroup - Wednesday 7:30-9 pm

This class is a supervised round robin where you will be assigned rotating partners for game play throughout the session. The goal is to learn the rules for basic game play, with minimal instruction.

Learn to Train Program - 2.0 - 4.0

The Learn to Train Program is for players who have had some experience with tennis and are looking to improve their level of play. Technical skills are a focus, with stronger emphasis on tactical skills and movement. These players are at a level where they are able to compete in club tournaments.

Classes available in this program:

Workshop Level 1 - Wednesday 6-7:30

For level 2.0-3.0. This class focuses on technique, a variety of shot selection, and how to construct competitive point play.

Playgroup Level 1 - Tuesday 9:30-11 am (*ladies only*), Thursday 9:30-11 am (*ladies only*) and 6:30-8:00 pm

For level 2.0-3.0. This class is a supervised round robin where you will be assigned rotating partners for game play throughout the session.

Workshop Level 2 - Wednesday 9:30-11 am, Thursday 6-7:30 pm

For level 3.0-4.0. This class focuses on more advanced techniques like weight transferral, and improvement of tactical awareness and more advanced methods of play, ie: spin and volley.

Playgroup Level 2 - Tuesday 7-8:30 pm

For level 3.0-4.0. This class is a supervised round robin where you will be assigned rotating partners for game play throughout the session.

Train to Compete Program - 4.0+

The Train to Compete Program is designed for advanced players who want to hone their tennis skills and can withstand a faster pace of game play. Many players in the stage are interested in competing in the A draw of club events and regional leagues and tournaments.

Classes available in this program:

Advanced Workshop - Tuesday 6-7:30 pm, Thursday 1-2:30 pm

In this class all areas of the game are covered - technical, tactical, movement, and endurance.

Advanced Invitational Playgroup - Wednesday 7-9 pm

This playgroup is run as a supervised round robin.

Men's Invitational Playgroup - Saturday 1-3 pm

This playgroup is run as a supervised round robin.

Contact Joanna (joanna@northfieldclub.com) if you feel you can benefit from this level of workshop or playgroup.

Multi-Level Leagues & Socials

House League - matches played Mondays 7-9:30 pm

Flex League - self-scheduled matches against level-appropriate players

Friday Night Mixed Doubles & Pickleball Social - Monthly

If you have any questions about tennis programs please contact:

Joanna Phang, Head Tennis Pro

joanna@northfieldclub.com