

Northwood Adult Tennis
Spring Schedule
(through June 16, 2017)

BEGINNER DRILLS (60 minutes)

Saturdays 8:30 AM – 9:30 AM w/ Bruce

Pricing for 60 minute drills: \$20 mem/non-mem

Buy a pack of 5 classes for \$80 (\$16 per class) and use for any 60-minute class. Pack expires 1 year after purchase.

INTERMEDIATE DRILLS (90 minutes)

Mondays 7:30 – 9:00 PM w/Jermaine

Wednesdays 8:30 AM – 10:00 AM w/ Bruce

Fridays 8:30 AM – 10:00 AM w/ Jermaine

NEW! Fridays 10:00 AM – 11:30 AM w/ Jermaine

Sundays 9:00 AM – 10:30 AM w/ Jermaine

No class 4/2, 4/16

ADVANCED DRILLS (90 minutes)

A Northwood tennis pro must evaluate and approve players to participate in this class.

NEW! Thursdays 6:00 PM – 7:30 PM w/ Jermaine

“SHOT OF THE WEEK” (90 minutes)

60 minutes of instruction, 30 minutes of play

Tuesdays 10:30 AM – 12:00 PM w/ Bruce

Tuesdays 7:30 PM – 9:00 PM w/ Bruce

Pricing for 90 minute drills: \$28 mem/\$38 non-member

Buy a pack of 5 classes for \$125 (\$25 per class) and use for any 90-minute class. Pack expires 1 year after purchase. Members only may purchase packs.

Go to www.NorthwoodRFC.com for our Mixed and Doubles Round Robin Schedule.

Class Descriptions

Xpress Tennis 1

Northwood's Tennis Xpress is a program for TRUE novice players. Its purpose is to introduce players to the game in a large group format (up to 12 people). Classes are fun and guaranteed to allow participants a chance to hit lots of tennis balls and learn all the basic shots. To help we use red, orange and green balls.

Clinic Instruction

At Northwood we believe that knowledge is power and the best way to get knowledge is through instruction. Group instruction aka Clinics are a great way to learn. We put 5 people in a class and will have you active, moving and learning from day 1. The class will be made up of players of like ability and give you a chance to improve both your strokes and tactics, as well as, play points and have fun! This is a great way to learn, have fun, meet new playing partners and stay within your budget for tennis.

Round Robins

Sharpen your skills with doubles match play against opponents of a similar ability.

Team In-House League

At this stage, you know all the skills needed but most likely lack match play experience. Northwood's Team In-House League will give you just that. Two hour matches, we keep score and results and have a party at the end of each season (12 weeks). In this program we use strictly yellow balls.

Interclub Match Play

By now we consider you "cooked" or ready for somewhat more serious and strenuous match play. Our Interclub teams compete in non-sanctioned matches *against other clubs*. The matches are 2 hours in length and are fun to compete in. Usually post match includes a snack and beverage. Play is based on A, B a C level play.

USTA Sanctioned Leagues

When you are at this level, YOU, have arrived! With Northwood's USTA teams, we have team practices and lots of good fun competition. League play is based on NTRP level and ability and teams are formed with Northwood's help and that of the team captain.

Northwood Flex Leagues

Popular at Northwood, our flex leagues include divisions for singles, doubles and mixed doubles for all levels of play. Run each Fall and Spring, we setup the weekly schedule and you and your opponent(s) decided when to play your matches. All matches are played at Northwood with discounted court rates. This is a great way to meet new players in a fun and competitive environment. You do not have to be a member of Northwood to compete or receive the court rate discounts.

Easton Area Tennis League

A summer tradition in the Lehigh Valley, the EATL has been run by Northwood for the last 25 years. Played on our outdoor Har-Tru courts, or any mutually agreed upon public court, the EATL is open to all club and local players. We offer leagues for seniors, adults and juniors with divisions including singles, doubles and mixed doubles.