

2016 Winter Adult Tennis Programs

Flushing Meadows Corona Park Flushing, NY 11368 (718) 760-6200

www.ntc.usta.com

Evenings and Weekends

Tuesday, January 19 – Sunday, April 10, 2016 (No Classes: Sunday, March 27)

Level 1 - an instructional program for beginners and new players.

Level 2 - for advanced beginners with limited experience who can serve and play points.

Level 3 - for players familiar with basic positions for singles and doubles, who can serve and play games.

Level 4 - for players who have graduated Level 3 with at least 3.0 NTC rating.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No. of Weeks	11 weeks	12 weeks	12 weeks	12 weeks		12 weeks	11 weeks
Level 1	7:00P-8:30P	_	7:00P-8:30P	_		10:00A-11:30A	10:00A-11:30A
(1.0 - 1.5)	\$478.50		\$522.00			\$522.00	\$478.50
		—				11:30A-1:00P	11:30A-1:00P
					*	\$522.00	\$478.50
Level 2	7:00P-8:30P	7:00P-8:30P	7:00P-8:30P	8:00P-9:30P	*See	10:00A-11:30A	10:00A-11:30A
(2.0)	\$478.50	\$522.00	\$522.00	\$522.00		\$522.00	\$478.50
	8:30P-10:00P	—	8:30P-10:00P		Ve	11:30A-1:00P	11:30A-1:00P
	\$478.50		\$522.00		Weekday	\$522.00	\$478.50
Level 3	7:00P-8:30P	_	7:00P-8:30P	8:00P-9:30P	lay	10:00A-11:30A	10:00A-11:30A
(2.5)	\$478.50		\$522.00	\$522.00	D	\$522.00	\$478.50
	8:30P-10:00P		8:30P-10:00P		ayt	11:30A-1:00P	11:30A-1:00P
	\$478.50		\$522.00		Daytime	\$522.00	\$478.50
Level 4	7:00P-8:30P	_	7:00P-8:30P	_	, v	10:00A-11:30A	10:00A-11:30A
(3.0)	\$478.50		\$522.00			\$522.00	\$478.50
	8:30P-10:00P		8:00P-9:30P	8:30P-10:00P		11:30A-1:00P	11:30A-1:00P
	\$478.50		\$522.00	\$522.00		\$522.00	\$478.50

Cardio Tennis – "Heart Pumping Fitness" classes are offered based on NTC ratings, 2.5, 3.0, 3.5, and 4.0 players.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No. of Weeks	11 weeks	12 weeks	12 weeks	12 weeks		12 weeks	11 weeks
Cardio	8:00P-9:30P	_	7:00P-8:30P				_
2.5-3.0	\$330.00		\$360.00				
Cardio		7:00P-8:30P		7:00P-8:30P			
3.5		\$360.00		\$360.00			
Boot Camp	8:00P-9:30P	8:30P-10:00P	8:00P-9:30P	8:00P-9:30P		10:00A-11:30A	
Cardio 4.0+	\$330.00	\$360.00	\$360.00	\$360.00		\$360.00	

Doubles Drill & Play

		Monday	Tuesday	Wednesday	Thursday
No. of Wee	eks		12 weeks		12 weeks
Drill & Pl NTC Rati	•	_	Drill & Play 7:00P-9:00P 3.0-4.0 \$780.00	<u> </u>	Drill & Play 7:00P-9:00P 3.5-4.5 \$780.00

Doubles Drill & Play offers the serious tennis players a chance to combine instruction and drills specifically designed for doubles, with actual match competition. One hour of instruction and one hour of match play.

Weekday Daytime Tuesday, January 19, 2016 - Friday, April 8, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
No. of Weeks	11 weeks	12 weeks	12 weeks	12 weeks	12 weeks
Level 1	10:00A-11:30A		_		10:00A-11:30A
	\$363.00				\$396.00
Level 2	10:00A-11:30A		10:00A-11:30A		10:00A-11:30A
	\$363.00		\$396.00		\$396.00
Level 3	10:00A-11:30A		10:00A-11:30A		10:00A-11:30A
	\$363.00		\$396.00		\$396.00
Level 4					9:30A-11:00A
					\$396.00
Cardio					9:30A-11:00A
					\$279.00
Drill & Play		10:00A-12:00P	_		11:00A-1:00P
(3.0 and up)		\$528.00			\$528.00
Doubles			10:00A-11:30A	10:00A-11:30A	
Leagues		Advanced	\$252.00	\$252.00	
	—	Intermediate –	11:30A-1:00P	11:30A-1:00P	<u> </u>
		Advanced	\$252.00 SR \$192.00	\$252.00 SR \$192.00	

WEEKDAY DAYTIME PROGRAMS and LEAGUES

Level 1, Level 2, Level 3 and Level 4 as well as Cardio Tennis and Drill & Play.

Doubles Leagues offer one and a half hours of organized play weekly. A senior discount (SR) is offered for players age 65 and over.

Please sign up online. Visit our website at www.ntc.usta.com