



# ADULT TENNIS

SUMMER 2017

Session I

June 5 – July 9

Session II

July 10 – August 13

## 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!

Monday 6 – 7 p.m.

Thursday 6 – 7 p.m.

Cost per session: \$67.50

### 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.

Monday 11 a.m. – 12 p.m.

Wednesday 6 – 7 p.m.

Cost per session: \$67.50

### INTERMEDIATE *18 years and older*

Player may play singles and doubles, but needs to improve net play and basic tactics. Refer to the NTRP Player characteristic grid. 3.0 USTA rating required.

Thursday 8:30 – 10 p.m.

Cost per session: \$101.25

## ADULT SOCIAL EVENTS

### RUSH-COPLEY TENNIS MIXERS

Once per month there will be a Tennis Mixer held at Rush-Copley Healthplex. Look for flyers via e-mail.

Saturday, June 3 – Fire up the Grill

Saturday, July 8 – Margarita Night

Saturday, August 12 – Hawaiian Luau

Cost \$15 per mixer

## ADULT CLINICS

### ADVANCED TENNIS CLINICS

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

### STROKE OF THE WEEK *18 years and older.*

Sessions will be held at Oakhurst.

This clinic will emphasize one particular shot for the hour. Each week a different stroke will be focused on within the framework of tennis.

Monday 12 – 1 p.m.

Cost \$14 per clinic

### CARDIO TENNIS *18 years and older.*

Sessions will be held at Rush-Copley Healthplex.

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 6:30 – 7:30 p.m.

Thursday 7 – 8 p.m.

Cost \$14 per clinic

### MEN'S DRILL *18 years and older.*

Sessions will be held at Oakhurst.

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

Wednesday 7 – 8:30 p.m.

Cost \$18 per clinic

### DOUBLES TACTICS & STRATEGY CLINIC

Sessions will be held at Oakhurst.

This clinic is designed to provide players with a more comprehensive understanding of doubles. Topics include: winning strategies, specialty shots, positioning and movement.

Wednesday 12 – 1:30 p.m. (B Team)

Cost \$18 per clinic

### CO-ED DRILL *18 years and older.*

Sessions will be held at Rush-Copley Healthplex.

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

Wednesdays 7 – 8:30 p.m.

Saturday 7:30 – 9 a.m.

Cost \$18 per clinic



# ADULT TENNIS

play conquer spin decompress  
stretch win ace breathe commit  
share climb relax leap run swim  
master unwind twist prevail  
learn dive throw lift excel box  
recharge push outdo shoot

2017

## OAKHURST LADIES TRAVEL TEAM

Welcome to the 2017 Ladies's Travel Team at Oakhurst. In order to participate on the team you must be a member of the Oakhurst Homeowners Association. Practices will take place in the mornings with matches held on Fridays. For further information or for placement please contact Mike Lange at 630-978-6746 or e-mail [mike.lange@rushcopley.com](mailto:mike.lange@rushcopley.com)

### B-TEAM

**Clinic Time**  
Monday 7 – 9 p.m.

**9 weeks (6/05 - 7/31) Cost: \$243**

## OAKHURST LADIES PRE-TEAM *June 1 -August 3 (10 weeks)*

This class is designed to hone a players' match play skills in preparation for league play at the C team level. Players will focus on technique, movement, positioning, strategy and percentage tennis. **Cost \$202.50**

**Clinic Time**  
Thursday 7 – 8:30 p.m.

## PRIVATE & SEMI-PRIVATE LESSONS PRICING

Private and semi-private lessons are available at Oakhurst. 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

- 1.0** This player is just starting to play tennis.
- 1.5** This player has limited experience and is still working primarily on getting the ball into play.
- 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.
- 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.
- 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.
- 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.

## Ball Machine & Stringing Service

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

## OAKHURST ADULT TENNIS INFORMATION

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

**WEATHER HOTLINE**  
630-978-4829

**ADDITIONAL INFORMATION**  
Contact Mike Lange, Manager of Tennis at Oakhurst Tennis & Racquet Sports by calling 630-978-6746 or email [mike.lange@rushcopley.com](mailto:mike.lange@rushcopley.com)

**REFUND POLICY** Cash 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 the Oakhurst does not constitute a refund.