

# Adult & Junior TENNIS PROGRAMS

## WINTER/SPRING 2020

<b>Session 1</b> 8 Weeks	January 6 - February 29
<b>Session 2</b> 6 Weeks	March 2 - April 11
<b>Session 3</b> 6 Weeks	April 13 - May 23



513-624-1871  
[mercyhealthplex.com](http://mercyhealthplex.com)

 **MERCYHEALTH**  
Anderson HealthPlex

# JUNIOR TENNIS PROGRAMS

## YOUTH RED BEGINNER • 4-5 yrs

This fun introduction to tennis covers coordination and basic tennis skills to form a foundation for our youngest players. Parents are invited to join their children on court if they wish. Red balls/36 ft. court.

Monday.....4:15-5:00 pm  
Saturday.....9:15-10:00 am

## YOUTH RED ADVANCED • 5-7 yrs

This class will work on ground strokes, volley and serve development. A progression toward rallying and match play will be the focus. Red balls/36 ft. court.

Monday.....5:00-6:00 pm  
Wednesday.....4:00-5:00 pm  
Friday.....4:00-5:00 pm

## YOUTH ORANGE BEGINNER • 6-8 yrs

This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Orange balls/36 ft. and 60 ft. court.

Wednesday.....4:00-5:00 pm  
Friday.....5:00-6:00 pm  
Saturday.....9:00-10:00 am

## YOUTH ORANGE ADVANCED • 7-9 yrs

This class is for children who have progressed through Red Advanced and/or Orange Beginner. Lessons will focus on court movement and consistency. Serves and rallying in preparation for match play will be developed. Orange balls/60 ft. court.

Monday.....4:30-6:00 pm  
Saturday.....10:00-11:30 am

## YOUTH GREEN BEGINNER • 9-11 yrs

This class is for children who have had little or no previous tennis instruction. Basic tennis ground strokes, volleys and serves will be taught. Green balls/ standard court.

Wednesday.....6:00-7:00 pm  
Friday.....5:00-6:00 pm

## GREEN ADVANCED JUNIOR DEVELOPMENT PROGRAM • up to 11 yrs

For players who have completed Orange Advanced classes and are now playing Green Ball tournaments. Players will focus on serving accuracy and preparing for tournament play.

Monday.....4:30-6:00 pm  
Wednesday.....4:30-6:00 pm

## MIDDLE/HIGH SCHOOL INTRO TO TENNIS • 12-18 yrs

For players new to the game, this class teaches the fundamentals of tennis. Learn the basics of scoring and run through typical tennis drills in a less competitive environment. For players looking to start playing on junior varsity for the first time.

Tuesday.....4:00-6:00 pm  
Thursday.....4:00-6:00 pm

## MIDDLE/HIGH SCHOOL INTERMEDIATE • 12-18 yrs

For players with some previous playing experience or those who have progressed through our intro class and newer players on their junior varsity high school team. Emphasis will be on technique as this group transitions to match play.

Tuesday.....4:30-6:30 pm  
Thursday.....4:30-6:30 pm

## COMPETITION JUNIOR DEVELOPMENT • 12-18 yrs

This is the most advanced class offered for our competitive tournament players. Registration must be approved by the Tennis Manager. Intended for serious tournament players, challenging drills and game play will take players to the next level. Tournament ranking and play requirements.

Monday.....4:30-6:30 pm  
Wednesday.....4:30-6:30 pm

*\*Note: Competition Junior Development must have three full-time students enrolled for the class to run. Drop-in participation will not count toward the minimum.*

# ADULT TENNIS PROGRAMS

## BEGINNERS

A class for those who have never played tennis before or have very little experience. Grip, technique and proper form will be emphasized.

Tuesday.....6:00-7:00 pm

## ADVANCED BEGINNERS

This class is for individuals who have prior playing experience and have developed a level of consistency in their game. Strategy, footwork and proper court movement will be emphasized, as well as proper stroke production.

Wednesday.....10:30-12:00 pm  
Thursday.....10:00-11:30 am  
Saturday.....12:30-2:00 pm

## INTERMEDIATE

### USTA 3.0 / GCITA 4.0

A class for individuals with match play experience who want to take their game to a higher level. More aggressive net play and situational match strategy will be developed with an emphasis on becoming more consistent from the baseline.

Monday.....6:30-7:30 pm

## ADVANCED INTERMEDIATE

### USTA 3.5 / GCITA 4.5

A class for players who have been playing matches on a consistent basis. Focus will be on net play, strategy and fine tuning technique.

Wednesday.....6:00-7:00 pm

## ADVANCED

### USTA 3.5+ / GCITA 4.5-5.0

This is a fast-paced class with a lot of situational play. Serving, returning and increasing power and consistency will be emphasized. Setting up points and poaching also will be stressed.

Thursday.....11:30-1:00 pm

## PLEASE NOTE

- All classes require a minimum of 3 enrolled students.
- Classes cannot be pro-rated. There is a max of two make-up classes per session and they must be completed during the current session.
- Payment is required in full at the time of signup.
- Drop-ins must have Tennis Manager approval in advance. Payment is due at the time of check-in at the Front Desk.

## PROGAM PRICING

### 45-MINUTE CLASSES

	Member	Non-member
8-Week Session	\$114	\$143
6-Week Session	\$86	\$107
Drop-In	\$18	\$28

### 60-MINUTE CLASSES

	Member	Non-member
8-Week Session	\$152	\$190
6-Week Session	\$114	\$143
Drop-In	\$23	\$33

### 90-MINUTE CLASSES

	Member	Non-member
8-Week Session	\$228	\$285
6-Week Session	\$171	\$214
Drop-In	\$34.50	\$49.50

### 120-MINUTE CLASSES

	Member	Non-member
8-Week Session	\$304	\$380
6-Week Session	\$228	\$285
Drop-In	\$46	\$66

***Stop by the Front Desk  
or call 513-624-1871  
to register today!***

## TENNIS COURT ETIQUETTE

Please check court reservation at the Front Desk prior to play.

Please use the court that has been assigned to you and double check the time. Do not walk onto court before your start time.

Please enter courts from the back doors. Do not walk across other courts when they are in use.

Please do not leave trash, towels, baskets, or tennis balls on court after your time is up.

Wear non-marking Tennis Shoes Only and make sure that your shoes are clean and free of dirt and rocks.

Be on the lookout for runners and walkers on the track. Please look both ways before exiting the curtains and crossing the track.

Baseball, basketball, lacrosse and soccer are not permitted on the track or tennis courts at any time.

## FOR MORE INFORMATION

**Linda Van Batenburg Stafford**  
Tennis Manager  
513-624-1881  
lvbstafford@mercyhealthplex.com



7495 State Road  
Cincinnati, OH 45255  
513-624-1871  
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## MEMBER NIGHT

MONDAYS, 7:00 – 8:30 PM

**FREE FOR MEMBERS!**

Members are invited to enjoy complimentary doubles match play. All levels welcome. Space is limited - sign up weekly at the Front Desk.

*Effective August 2019, a \$10 no show fee will be charged for less than 12 hours cancellation notice.*

## STROKE CLINIC

WEDNESDAYS, 7:00 – 8:00 PM

**FREE FOR MEMBERS!**

Members meet on the courts for fast-paced, high-intensity drills and point play. Complimentary and all levels welcome. Space is limited - sign up weekly at the Front Desk.

## PICKLEBALL

TUESDAYS, 8:00 – 9:30 AM

WEDNESDAYS, 2:00 – 3:30 PM

FRIDAYS, 2:00 – 3:30 PM

**FREE FOR MEMBERS!**

This paddle sport is easy to learn and quickly develops into a fun, competitive experience for players of all ages. Complimentary for members. All levels welcome.

## COURT RESERVATIONS

**FREE FOR MEMBERS!**

Walk-on court time is FREE for HealthPlex members. Courts can be booked up to one hour in advance at the Front Desk. Free court time is limited to one court for up to 90 minutes. Multiple bookings are not allowed.

Court reservations more than one hour in advance are available at a rate of \$18 per hour. See the Front Desk for availability.

## SEASON COURT TIME

A season court reservation guarantees you the same court, day, and time each week for the entire Fall season. Members only. Contact the Tennis Manager to reserve your season court time.

**August 26 - December 21** (17 weeks)

- 60 minutes per week: \$272
- 90 minutes per week: \$408

## PRIVATE TENNIS LESSONS

The Pros at Mercy HealthPlex offer private and semi-private tennis lessons for players of all ages and skill levels. Get personalized instruction to take your game to the next level!

	Open Court Time	Season Court Time
<b>Private</b>	\$69	\$51
<b>Semi-Private</b>	\$37	\$28
<b>3 and Pro</b>	\$26.33	\$20.33
<b>4 and Pro</b>	\$21	\$16.50
<b>5 and Pro</b>	\$17.80	\$14.20

Lesson prices are per hour per person. Contact the Tennis Manager to schedule a free tennis consultation and to book a private lesson.