



Eve Kraft Tennis Center: 92 Washington Road, Princeton, NJ 08550

## Adult First Winter Session January 2<sup>nd</sup> - February 25<sup>th</sup>

- 8-week session (Monday is a 7-week session - No class on Jan 1)
- Registration opens November 13<sup>th</sup>
- Register by using your online account or call (609) 520-0015
- Annual Pass Holders receive 10% discount
- Classes will be held at Eve Kraft Tennis Center
- **NO REFUNDS. Credit for injuries with documentation from a doctor. Credit will be calculated based on the time frame in which the doctors note is received.**

### **BEGINNER NTRP LEVEL 1.5:**

This player has had no or limited experience with stroke development and is still working primarily on getting the ball into play. This player is not yet ready to compete.

### **BEGINNER NTRP LEVEL 2.0:**

This player needs on-court experience, with an emphasis on play. This player struggles to find an appropriate contact point, needs stroke development/lessons and is not yet familiar with basic positions for singles and doubles.

## **Beginner Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Tuesday	10:30 am - 12:00 pm	\$310	Jan 2	Feb 20
Friday	5:30 pm - 7:00 pm	\$310	Jan 5	Feb 23
Saturday	8:30 am - 10:00 am	\$310	Jan 6	Feb 24
Saturday	10:00 am - 11:30 am	\$310	Jan 6	Feb 24
Sunday	1:00 pm - 2:30 pm	\$310	Jan 7	Feb 25

### ADVANCED BEGINNER NTRP LEVEL 2.5:

This player is learning to judge where the ball is going when receiving the ball, although movement and recovery are not in sync. Can sustain a rally of slow pace with other players of similar ability and is beginning to develop strokes. This player is becoming more familiar with the basic positions for singles and doubles. This player is ready to play social matches, leagues, and low-level tournaments. Potential limitations: grip weaknesses; not attempting full swing on serve; inconsistent toss on serve; limited transitions to net.

### Advanced Beginner Class Offerings

DAY	TIME	PRICE	BEGINS	ENDS
Monday	10:30 am - 12:00 pm	\$275	Jan 8	Feb 19
Monday	6:30 pm - 8:00 pm	\$275	Jan 8	Feb 19
Tuesday	6:00 pm - 7:30 pm	\$310	Jan 2	Feb 20
Wednesday	5:00 pm - 6:30 pm	\$310	Jan 3	Feb 21
Wednesday	6:30 pm - 8:00 pm	\$310	Jan 3	Feb 21
Friday	9:00 am - 10:30 am	\$310	Jan 5	Feb 23
Saturday	7:00 am - 8:30 am	\$310	Jan 6	Feb 24
Saturday	8:30 am - 10:00 am	\$310	Jan 6	Feb 24
Saturday	10:00 am - 11:30 am	\$310	Jan 6	Feb 24
Sunday	11:00 am - 12:30 pm	\$310	Jan 7	Feb 25

### **INTERMEDIATE NTRP LEVEL 3.0:**

This player is consistent when hitting medium-paced shots but is not comfortable with all strokes and lacks execution when trying for directional control, depth, pace or altering distance of shots. Most common doubles formation is one up, one back. Potential limitations: consistency when applying or handling pace; difficulty handling shots “outside of their strike zone”; can be uncomfortable at the net.

### **INTERMEDIATE NTRP LEVEL 3.5:**

This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth, variety, and the ability to alter distance of shots. The effective use of lobs, overheads, approach shots, and volleys is limited due to a lack of confidence. This player is more comfortable at the net, has improved court awareness, and is developing teamwork in doubles. Potential limitations or strengths: “This is the level at which it begins to be about what skills a player can display on court, not what they can’t.” Players at this level may start to utilize mental skills related to concentration, tactics, and strategy.

## **Intermediate Class Offerings**

<b>DAY</b>	<b>TIME</b>	<b>PRICE</b>	<b>BEGINS</b>	<b>ENDS</b>
Monday	9:00 am - 10:30 am	\$275	Jan 8	Feb 19
Monday	7:00 pm - 8:30 pm	\$275	Jan 8	Feb 19
Tuesday	7:30 pm - 9:00 pm	\$310	Jan 2	Feb 20
Wednesday	8:00 pm - 9:30 pm	\$310	Jan 3	Feb 21
Thursday	9:00 am - 10:30 am	\$310	Jan 4	Feb 22
Thursday	10:30 am - 12:00 pm	\$310	Jan 4	Feb 22
Thursday	7:30 pm - 9:00 pm	\$310	Jan 4	Feb 22
Friday	10:30 am - 12:00 pm	\$310	Jan 5	Feb 23
Saturday	8:30 am - 10:00 am	\$310	Jan 6	Feb 24
Saturday	10:00 am - 11:30 am	\$310	Jan 6	Feb 24
Sunday	8:00 am - 9:30 am	\$310	Jan 7	Feb 25
Sunday	9:30 am - 11:00 am	\$310	Jan 7	Feb 25
Sunday	2:30 pm - 4:00 pm	\$310	Jan 7	Feb 25

### ADVANCED NTRP LEVEL 4.0:

This player has dependable strokes, including directional control, depth, and the ability to alter distance of shots on both forehand and backhand sides during moderately paced play, plus the ability to use lobs, overheads, approach shots, and volleys with more success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Potential strengths: less likely to beat themselves; more dependable second serve; recognizes opportunities to finish points.

### ADVANCED NTRP LEVEL 4.5:

This player has begun to vary the use of pace and spins, has good movement, can control distance and depth of shots, and is beginning to develop game plans according to strengths and weaknesses. This player can hit the first serve with power and accuracy and can place the second serve. This player tends to overhit on difficult shots. Aggressive net play is common in doubles. Potential strengths: points are won and lost off the serve more often; better able to cover weaknesses; beginning to develop a weapon around which their game can be built.

## Advanced Class Offerings

DAY	TIME	PRICE	BEGINS	ENDS
Wednesday	9:00 am - 10:30 am	\$310	Jan 3	Feb 21
Wednesday	8:00 pm - 9:30 pm	\$310	Jan 3	Feb 21
Thursday	7:30 pm - 9:00 pm	\$310	Jan 4	Feb 22

## Other Class Offerings

DAY	CLASS	TIME	PRICE	BEGINS	ENDS
Monday	Early Morning Workout	7:00 am - 8:30 am	\$275	Jan 8	Feb 19
Monday	Senior Class	9:00 am - 10:30 am	\$225	Jan 8	Feb 19