



ADULT TENNIS

On behalf of the Westport Parks and Recreation Department, we would like to welcome you to our instructional ADULT TENNIS program. This program has been structured and designed to accommodate ALL participants. Our tennis staff has planned comprehensive workout schedules for all levels from beginner to advanced. We plan to make the tennis program enjoyable and fun for all while teaching the skills and fundamentals necessary to play the game as well as improve and further individual proficiency and ability.

THE PROGRAM

The ADULT TENNIS program is designed for participants ages 16 and up. We look to promote a quality-learning environment for all players of all levels. Our Adult program will provide a fun and safe experience for all participants. **The lessons will be held at Town Farms Courts, Doubleday and Longshore.** There are FIVE levels of instruction:

Beginner 1.0/1.5:

For players brand new to the game. Focuses on holding the racquet, contact point, hand eye and movement skills as well as, language of the game. Cooperative challenges, fun and dynamic drills and point play games. Goal of having fun, developing a love for the game.

Builds on 1.0 stage with continued focus on hand-eye coordination and movement. Focuses on rally consistency, shot control, ball tracking skills, timing and rhythm and sound swing paths. Cooperative challenges, fun and dynamic drills and point play games. Goal of having fun, continuing to improve and becoming a long term tennis player.

Adv. Beginner 2.0/2.5:

For players with prior playing experience. Focuses on better contact point, improving swing path and more control. Begins to talk about positioning for singles and doubles.

Players have been practicing and playing and have an understanding of the game. Improve on ball tracking and judgment, swing speed and shot placement and control. Developing sustaining a consistent rally with other players of similar ability. Ready for social matches, USTA leagues and tournaments.

Intermediate 3.0:

Fairly consistent when hitting medium paced shots. Still developing all shots, and working on better control and placement. Depth, pace and alternating to different areas are focused on. Working on hitting and receiving different speeds of shots, and getting in the best hitting zone. Net game is a work in progress.

Play That 45! 2.5/3.0:

45 min. of warm up, live and dead ball drills
45 min. of supervised doubles play
Pro's will play in with some singles play. Goal is to have fun while providing a great workout.

Advanced 3.5:

This player has achieved strike dependability with directional control on moderate shots. Working on depth, variety, and spin. Effective use of approach shots, net skills, as well as defensive shot, lobs and overhands are important. Net confidence is building, as is doubles positioning and teamwork.

Classes are offered beginning in the spring and into summer. Classes are offered in four different blocks during the morning and evening hours in two-week increments:

- **Monday and Wednesday**
- **Tuesday and Thursday**
- **Saturdays**



PRIVATE LESSONS

Most of our instructional tennis staff offers private lessons as well. All arrangements can be made directly through the instructor of your choice. Please call (203)341-5090 for more information.

RAIN DAYS

All instruction is OUTDOORS. There are no indoor facilities. Any day that the courts might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203) 341-5074** to find out if lessons will still be held. We will wait until the last possible moment to cancel, about a half hour before the scheduled start time. There are no make-ups or refunds due to inclement court conditions.

WHAT TO BRING FOR INSTRUCTION

- Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate.
- Something to drink such as bottled water.
- A tennis racket.

GENERAL RULES

- Please be prompt and on time for your lesson. The instructors will not wait for you to begin.
- All participants are expected to respect each other and all staff. Foul language, rude behavior will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.
- Please obey all traffic signs by parking in the assigned areas only.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to fill out the program evaluation form at the completion of your lessons. We rely on your feedback for future structure and class development.