



ADULT TENNIS



The ADULT TENNIS program is designed adults, 18 and up. Participants are provided with a variety of drills, games and activities in order to learn the basic fundamentals of the game of tennis. Program description is as follows:

Adult: For men and women, 18 and up. These classes cover the basic strokes and fundamentals for those with little or no experience and then teach participants certain skills like keeping the ball in play, serving, lobs and overheads for those with some experience.

GENERAL PROGRAM INFORMATION

Sessions are two weeks that encompass 4 - 1 hour and 25 minute lessons.

WEEKDAYS:

Session 1: Sept. 9 – 19, 2019

Day:	Time:	Level:	Location:	Code:
M/W	8 am – 9:30 am	Senior 60+ 2.0 – 2.5	Longshore	AT 105
M/W	9:30 a.m. – 10:55 a.m.	Beginner 1.0 - 1.5	Longshore	AT 100
M/W	9:30 a.m. – 10:55 a.m.	Adv. Beg. /Low-Int. 2.0 - 2.5	Town Farm	AT 101
M/W	11 a.m. – 12:25 p.m.	Point Play 3.0 – 3.5	Longshore	AT 101a
M/W	11 a.m. – 12:25 p.m.	Intermediate 3.0 – 3.5	Town Farm	AT 102
T/TH	9:30 a.m. – 10:55 a.m.	Intermediate 3.0 – 3.5	Town Farm	AT 104

Session 2: Sept. 23 – Oct. 3

Day:	Time:	Level:	Location:	Code:
M/W	8 am – 9:30 am	Senior 60+ 2.0 – 2.5	Longshore	AT 205
M/W	9:30 a.m. – 10:55 a.m.	Beginner 1.0 - 1.5	Longshore	AT 200
M/W	9:30 a.m. – 10:55 a.m.	Intermediate 3.0 - 3.5	Town Farm	AT 201
M/W	11 a.m. – 12:25 p.m.	Point Play 3.0 – 3.5	Longshore	AT 201a
M/W	11 a.m. – 12:25 p.m.	Adv. Beg. /Low-Int. 2.0 - 2.5	Town Farm	AT 202
T/TH	9:30 a.m. – 10:55 a.m.	Adv. Beg. /Low-Int. 2.0 - 2.5	Town Farms	AT 204

(no class, Monday, Sept. 30. Make-up Friday, October 4)

Session 3: Oct. 7 – Oct. 17

Day:	Time:	Level:	Location:	Code:
M/W	9:30 a.m. – 10:55 a.m.	Beginner 1.0 - 1.5	Longshore	AT 300
M/W	9:30 a.m. – 10:55 a.m.	Adv. Beg. /Low-Int. 2.0 - 2.5	Town Farm	AT 301
M/W	11 a.m. – 12:25 p.m.	Point Play 3.0 – 3.5	Longshore	AT 302
M/W	11 a.m. – 12:25 p.m.	Intermediate 3.0 – 3.5	Town Farm	AT 302a
T/TH	9:30 a.m. – 10:55 a.m.	Intermediate 3.0 – 3.5	Town Farm	AT 303

(no class, Wednesday, Oct. 9 Make-up Friday, October 11)

Adult Six-Week Series: Sept. 10 – Oct. 19

Day:	Time:	Level:	Location:	Code:
Tuesday	8 pm – 9:25 pm	Adv. Beg. /Low-Int. 2.0 - 2.5	Longshore	AT 108
Thursday	8 pm – 9:25 pm	Adv. Beg. /Low-Int. 2.0 - 2.5	Longshore	AT 109
Saturday	9:30 am – 10:55 am	Adv. Beg. /Low-Int. 2.0 - 2.5	Town Farm	AT 501
Saturday	11 am – 12:25 pm	Point Play 3.0 - 3.5	Town Farm	AT 502

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. You may also check **Twitter @westportparkrec** and our **Facebook "Westport Parks and Recreation"** for cancellation updates. There are no make-ups 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.
- ▶ Each participant must provide their own racket. If you need further information on a particular style or size, please contact the Tennis Office, (203)341-1180.

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. If you do not have a particular instructor in mind, please contact the tennis office at (203)341-1180

GENERAL RULES

- ▶ All participants are expected to respect each other and all staff. Discipline problems will not be tolerated.
- ▶ At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.