



GREATERMIDLAND  
TENNIS  
CENTER

# SPRING ADULT DROP-INS & CLINICS\*

April 3 – June 4, 2023 (No Drop-ins or Clinics on May 29)

## Monday

**Cardio Tennis**  
6:30am-7:30am | \$18

**Learn to Play-  
Level 1**  
9am-10am | \$144

**Mixed 3.0+  
Drill & Play**  
9am-10:30am | \$27

**Sweat It Off**  
12pm-1pm | \$18

**Technique Time**  
6pm-7pm | \$18

**Adv. 3.5+  
Sweat It Off**  
7pm-8:30pm | \$27

## Tuesday

**Mixed 3.0+ Drill**  
9am-10:30am | \$27

**Learn to Play-  
Level 1**  
6pm-7pm | \$162

**Mixed 3.0+  
Drill & Play**  
6pm-7:30pm | \$27

**Serve Clinic**  
7pm-7:30pm | \$9

**Mixed 2.0-  
2.5 Drill & Play**  
7pm-8:30pm | \$27

## Wednesday

**Womens 2.5-3.0  
Doubles Clinic**  
9am-10:30am | \$243

**Sweat It Off**  
12pm-1pm | \$18

**Parent/Teen  
Technique Time**  
6pm-7pm | \$18

**Adv. 3.5+  
Sweat It Off**  
7pm-8:30pm | \$27

## Thursday

**Mixed 3.0+ Drill**  
9am-10:30am | \$27

**Learn to Play-  
Level 2**  
6pm-7:30pm | \$243

**Mixed 3.0+  
Drill & Play**  
6pm-7:30pm | \$27

## Friday

**Cardio Tennis**  
6:30am-7:30am | \$18

**Womens 2.5-3.0  
Doubles Clinic**  
9am-10:30am | \$243

**Mixed 3.0+  
Drill & Play**  
9am-10:30am | \$27

**Sweat It Off**  
12pm-1pm | \$18

## Saturday

**Mixed 3.0+ Drill**  
9am-10:30am | \$27

**Mixed Adv.  
3.5+ Drill**  
9am-10:30am | \$27

**Mens 3.5+  
Singles Drill**  
12pm-1:30pm | \$27

\*Pricing shown reflects the member discount. Guests pricing is \$40 additional for all junior and the Learn to Play programs, and \$12 additional for Drop-In Classes.

- Programs need to be paid for at time of registration. -
- Drop-in classes need to be paid before you play. -

## \*Member Exclusive\* ADULT LEAGUES

### ➡ FIND YOUR RATING\*\*! ⬅ NTRP Rating Guide

- 1.0-2.0** Needs on court experience: needs stroke development/lessons: not familiar w/basic positioning.
- 2.5** Can rally at a slow pace with similar ability players: more familiar w/singles and doubles positioning.
- 3.0** Fairly consistent at medium pace: lacks accuracy when trying for directional control, pace, and distance.
- 3.5** Has a reliable, solid game built over years of match play.

\*\*Use the NTRP Rating Guide to determine which drill to register for. Playing in a sanctioned USTA match will generate a rating. If no match play has occurred, ask Jon Bemisderfer for a free rating. All players coming from LTP 1 & 2 must be rated 3.0 to participate in 3.0 Drop-In Drills.

**2.5+ Co-Ed Doubles**  
Monday's | 6-8pm  
\$128 per person  
- April 3 - June 4 -

**3.5+ Men's Doubles**  
Tuesday's | 6-8pm  
\$192  
- April 3 - June 20 -

**New Daytime  
League  
Coming Soon!**

**3.5+ Mixed Doubles  
Drop-In**  
Thursday's | 1pm-3pm  
\$18 per week  
- April 3 - June 4 -

**4.0+ Men's Singles**  
Thursday's | 6-7:30pm  
\$288  
- April 3 - June 22 -

**Mixed Doubles  
Drop-In**  
Friday's | 6-8pm  
\$18 per week  
- April 3 - June 4 -

**Register:**

Call 989.631.6151 or scan to  
use your Member Portal



[greatermidland.org/tennis-center](http://greatermidland.org/tennis-center)

Contact League and Tournament Coordinator, Jessie, by phone or email  
with any questions: 989.631.6151 X 108 | [jlehr@greatermidland.org](mailto:jlehr@greatermidland.org)

# ADULT DROP-INS & CLINICS

## 60-MINUTE DROP-IN CLASSES

### CARDIO TENNIS

Emphasis: Workout | Rating: 2.0 & up

60 minute class with use of fitness equipment built in. Little tennis experience needed, just the desire to move all out, play a lot of points, and hit a ton of balls.

### SWEAT IT OFF

Emphasis: Workout & Play | Rating: 2.0 & up

60 minute class offered during lunchtime. Similar to Cardio Tennis but without the use of fitness equipment.

## TECHNIQUE TIME & PARENT/TEEN TECHNIQUE TIME

Emphasis: Stroke Technique | Rating: 2.0 & up | Ages 13 & up

Classes offer a chance to slow things down and focus 60 minutes on repetition of proper technique for all strokes. Lots of feeding and the occasional use of the ball machine gives players the repetition needed for consistency. Children aged 13+ are welcome to attend with a parent.

## 90-MINUTE DROP-IN CLASSES

### MIXED 2.0-2.5 DRILL & PLAY

Emphasis: Strategy/Tactics/Match Play | Rating: 2.0-2.5

This 90 minute drill is a great launching point to enter our world of drop ins. Lots of feeding, repetition, and tons of point play for mostly doubles with some singles. Good place for Learn to Play players to go to next.

### MIXED 3.0+ DRILL

Emphasis: Games & Repetition | Rating: 3.0 & up

Open to all players 3.0 and up, wanting a good amount of feeding for repetitions with plenty of doubles situational point play. Lots and lots of balls hit in this 90 minute drill.

### MEN'S 3.5+ SINGLES CLINIC

Emphasis: Everything Singles | Rating: 3.5+

Work on singles patterns, tactics, game plans, and shot selection needed to compete/play. Each week is a new theme! This clinic is a great supplement to any of the singles leagues/match play opportunities at the Tennis Center.

## 90-MINUTE ADVANCED DROP-IN CLASSES

### ADVANCED 3.5+ DRILL

Emphasis: Repetition & Games | Rating: 3.5 & up

Similar format to the Drills class, just at a higher level. Must have a 3.5 or higher rating to participate.

### ADVANCED 3.5+ SWEAT IT OFF

Emphasis: Move & Play | Rating: 3.5 & up

90 minutes of non-stop competitive point play. Must have a 3.5 or higher rating to participate.

## 30, 60 & 90-MINUTE CLINICS

### SERVE CLINIC

Emphasis: Technique & Strategy | Rating: 2.0 & up

Come work on the shot that is MOST neglected! Proper technique is covered along with strategies/tactics/targeting. Other situations using serve practiced as well!

### LEARN TO PLAY 1

Rating: 1.0-2.0\*

This 60 minute class is designed for adult beginners/advanced beginners, or for those returning to the game after a prolonged hiatus. The objectives are for players to know basic rules and etiquette, understand equipment/grips, and learn to rally with 2-4 players on court.

### LEARN TO PLAY 2

Rating: 2.0-2.5\*

The next step for the Learn to Play 1 players, advanced beginner/intermediate players, or those wanting a refresher course on fundamentals. This 90 minute class uses drills and instruction to review basic strokes/grips, rallying with a purpose, and work on court position for singles/doubles.

\*Players need an official NTRP rating of 3.0 or evaluation from Pro Staff to plug into the Drop-In Drills

### WOMEN'S 2.5-3.0 DOUBLES CLINIC

Emphasis: Learn ALL to know about Doubles | Rating: 2.5-3.0

Learn positioning, poaching, formations, coverage, communication, and any stroke needed to play solid doubles! Focused time on serving/returning with live ball situations.

## PRIVATE GROUPS & LESSONS

\*Contact Adult Director, Jon Bemisderfer for information/requests at [JBemisderfer@greatermidland.org](mailto:JBemisderfer@greatermidland.org). Any player needing a rating for participation in any Drill/Event/League, contact Jon for a FREE evaluation.

