



HASTINGS
TENNIS ASSOCIATION

2017 Adult Programs
Register at
www.hastingstennis.org

Lessons for Beginners and Players Who Need a Refresher.

Four 90-minute lessons designed for new players or those in need of a refresher. Participants will learn the basics of each tennis stroke in a group with players of similar abilities. There will be five sessions of lessons offered throughout the summer. The cost per session is \$50.

- Session 1: Wednesdays, 6:00 PM to 7:30 PM, May 10, 17, 24 & 31
- Session 2: Saturdays, 9:30 AM to 11:00 AM, May 13, 20, 27 & June 3
- Session 3: Thursdays, 8:30 AM to 10:00 AM, June 15, 22, 29 & July 6
- Session 4: Wednesdays, 6:00 PM to 7:30 PM, June 7, 14, 21 & 28
- Session 5: Sundays, 6:00 PM to 7:30 PM, July 9, 16, 23 & 30

Thursday Evening Drills from 6:00 PM to 7:30 PM

Designed for those who want to work on tennis skills between matches. There will be 60 minutes of drills followed by 30 minutes of match play with instructor observation. Drills start on May 18 and end August 10. No drills on July 20 due to the RTD Tourney. The cost of the drills is \$10 per drill but for every three paid, the fourth is free.

Saturday Morning Cardio Tennis from 9:00 AM to 10:15 AM

Cardio tennis is a group activity for adults that combines tennis with a fun, high-energy cardiovascular workout, all taking place on the tennis court. This class includes warm-up, cardio workout and cool-down phases and will get your heart rate pumping, burn calories, improve your fitness. Cardio tennis starts on June 3 and ends July 29. No cardio tennis on July 22 due to the RTD Tourney. The cost is \$10 per session.

Adult Doubles Drills and Clinic

Three two-hour clinics designed to help participants to be an effective doubles player and to integrate doubles strategy in a match. Do not need to sign-up with a partner, but if you are participating in the RTD tourney, encourage your partner to sign-up because the drills are a great way to prepare for the tourney. The clinic dates are June 25, July 9 and July 16 from 6:30 PM to 8:30 PM. The cost is \$35 per player.

Women's Singles League

Matches are scheduled for either 6 PM or 7 PM on Tuesdays but matches may be rescheduled when conflicts arise. First scheduled match is June 6 and last scheduled match no later than August 15. There are five divisions: A, B, C, D and E. The cost is \$40.

Men's Singles League

Matches are scheduled for either 6 PM or 7 PM on Mondays but matches may be rescheduled when conflicts arise. First scheduled match is June 5 and last scheduled match no later than August 14. There are four divisions: A, B, C and D. The cost is \$40.

Doubles Social Events



HTA is organizing three 21 and over doubles events. There is no cost for the event but participants will be asked to bring a new can of balls and something that supports the various event themes. All events will be held at the Roadside Tennis Courts. Sign-up for one or all three!

Slice of Pie Sunday - July 30 (6 PM to 8 PM)

Bring a pie and beverage to share. There will be an award for Best Pie.

Friday Night Sizzle – August 25 (6 PM to ?)

It's going to be hot, hot, hot. Bring an appetizer and beverage to share.

Saturday Night Live – September 16 (6 PM to ?)

Whether you are brother, whether you are a sister, whether you are a father or whether you are a mother, your're stayin' alive, stayin' alive..... Come play to the sounds of the Bee Gees. Feel free to dress in your finest 80s tennis garb (think John McEnroe). Bring an appetizer and beverage to share.

An Introduction to Tennis Basics for Seniors (55 & older)



All sessions held at the high school courts. May sign-up for one or more sessions. Cost per session is \$40.

Session 1: 1:00 PM to 2:30 PM, May 30, 31 and June 1

Session 2: 1:00 PM to 2:30 PM, June 6, 7 and 8

Senior Fridays (55 & Older)



Beginning, June 9, open doubles for adults 55 and older will be held every Friday starting at 9AM at the Hastings High School Courts. There is no charge, but players should bring a new can of tennis balls.

It is going to be a great summer of tennis!