



2019-20 Adult Clinic Schedule



The Yonkers Tennis Center Adult program utilizes the Developmental Appropriate Tennis (D.A.T) methodology an innovative concept that has its fundamentals born in the development of both adults and juniors.

Our Core Fundamentals

Move 'n' Groove – You will work up a sweat, as well as have a lot of fun in a dynamic learning environment. Footwork essentials will be taught at all levels. Don't be surprised when you're randomly busting a "split split!"

Command of Contact – You will understand how to send the ball in different directions, utilize various strokes, as well as a comprehension of swing speeds.

Strategy of Play – We will teach the instinct of point play and competitiveness, what to do in each unique situation, patterns of play, as well as teaching a desire to compete.

Personal Growth – You will constantly be challenged to work on your social interactions, emotional control, technical understanding and your physical literacy.

Adult Clinics

YTC run clinics organized by level. This option is the best for individuals looking to improve their game and meet other players.

Orientations are required for sign up!
Schedule on the back

New Adult Play Events

Friday nights @ YTC are for the Adults. These new events will be a mix of tournaments, camps, and socials. Adding playing options helps to improve your game and put your skills to the test while having fun!

Players can sign up for each event separately!
Schedule/Price/Levels: TBD

Flexible Playing Options

Point Play | \$60/player | 6:1 Ratio | 90 Minutes | 3.0-3.5/3.5-4.0

Games and strategy are the focus to help player experience different realistic point play situations.

Cardio Tennis | \$25/player | 8:1 ratio | 60 Minutes | All Levels

Cardio Tennis is an engaging group fitness program for ALL LEVELS that gives you the ultimate full body and calorie burning workout!

USTA Fall/Winter/Spring Leagues

Interclub matches for 2.5-4.0 players. Men's, women's and mixed doubles leagues offered.

Contact Deanna Santoro about referring you to a team!
dsantoro@yonkerstennis.com

Tennis Night Out

Join Martin for a fun night of social tennis!

1st Friday of each month 8-11pm

3.0 and above

\$45 per players

10/4, 11/1, 12/6, 1/3, 2/7, 3/6,4/3, 5/1

Sign up through the front desk

2019-20 Season started on September 9th

Off Dates: Nov. 28-Dec 1, 2019 | Dec. 23 – Jan. 1, 2020 | May 23-25, 2020

Adult Clinic Schedule + Pricing All Clinics below are 33 weeks and 4:1 ratio 60 Minutes: \$1815 90 Minutes: \$2706					
	2.0	2.5	3.0	3.5	4.0
Monday	6:00 – 7:00PM 7:00 – 8:00PM	5:30 – 7:00PM	10:30A– 12:00PM 7:00 – 8:00PM 8:30 – 10:00PM	8:00 – 9:30PM	8:00 – 9:30PM
Tuesday	None	None	9:00 – 10:30AM 10:30A– 12:00PM 6:30 – 8:00PM 6:30 – 7:30PM	7:30 – 9:00PM	None
Wednesday	8:00 – 9:00AM 6:00 – 7:00PM 7:00 – 8:00PM	6:00 – 7:00PM	6:00 – 7:30PM 7:00 – 8:30PM	None	7:00 – 8:30PM
Thursday	9:00 – 10:00AM	7:30 – 8:30PM	9:30 – 11:00AM 6:00 – 7:30PM	8:00 – 9:30PM	None
Friday	6:00 – 7:00PM	9:00 – 10:00AM 9:00 – 10:30AM	10:30 – 12:00PM	10:30– 12:00PM	None
Saturday	10:30 – 11:30AM	None	None	None	None
Sunday	None	11:30A – 1:00PM	11:30 – 1:00PM	None	None

If class is highlighted/crossed out- indicates that class has already reached maximum capacity at present time.

If you do not see a time listed above that works for your schedule, please let us know and we will do our best to work with you to find a time that does. *Weather events may delay the end of the season based on your day and time.

Yonkers Tennis Center Make Up Policy

We strongly encourage the highest level of commitment, consistency and timeliness from you to most greatly benefit your growth, development, and enjoyment of your tennis. We do understand that there are circumstances where missing your clinic is inevitable and we try to be fair as possible with our make up policy. **Many tennis clubs do not offer make ups, but as part of our customer service commitment and courtesy to our players, you will be eligible for 4 maximum make ups for each 33 week clinic that you are signed up for.** We will do our best to help, but all make up registrations are first come, first serve. **On the 1st of each month at 9AM, the make up sessions for that month are open for booking in Cardio Tennis and Tennis Night Out.** We are sorry, but we do not roll over make ups from one season to the next or offer in week make ups. It is best to schedule your end of season make ups as soon as it schedule is released, which will be done via email, in the club, and on our website.

If you do not attend your registered make up it is still considered a redeemed make up. If you are unable to attend, your registered make up, please call to cancel 24 hours in advance to maintain your eligibility for another make up and give the players on the waitlist an opportunity to attend.

Make Up Opportunities

Tennis Night Out

For Levels 3.0 and above. TNO will have 4 make up spots available
10/4, 11/1, 12/6, 1/3, 2/7, 3/6, 4/3, 5/1

Cardio Tennis

Limited spaces will be available in this classes.

End of Season

All clinics will have make up opportunities at the conclusion of the regular season