

Whether you're a first time beginner or an advanced veteran, we have a tennis program perfect for you.

Our philosophy is that tennis should be both easy to begin, but challenging to master. That means that all of our adult classes are designed to get you playing the game of tennis as quickly as possible. Once you discover you love it, we will help you to improve at a pace that fits your ability and schedule.

We strive to make learning tennis fun. Our experienced coaches use fun games and drills that keep you moving and hitting a lot of balls. We want to give you a great workout while playing the sport of a lifetime every time you step on the court.

To get started, simply sign up for the program that best fits your skill level and schedule. If you're a beginner we will start with the "Play in a Day" program designed specifically to teach beginners how to rally and score on the first day.

For more experienced players we offer drills throughout the week at times that fit most schedules and skill levels. If you aren't sure where you fit, just read the rating descriptions on the Skill Level page of this brochure, or ask an ICT pro to evaluate your play. Remember, we want you to have fun, learn, and be challenged, so feel free to ask for help signing up for the right class or drill group.

Finally, you can take satisfaction in knowing that every time you play tennis with us, you are supporting the InnerCity Tennis' ability to provide free tennis and life skills training to kids who otherwise would not have the opportunity to learn and play this great sport. You can read more about the far reaching impact of InnerCity Tennis on the back page of this brochure.

Our experienced coaches teach the healthy sport of a lifetime. We provide the facility and create the learning environment that is always fun, and ideally challenging. All you need is your racket and some enthusiasm.

See you on the courts!



Isaac McBroom
Director of Tennis
& Education



Bill Stark
Teaching Pro



LESSON & DRILL INFO

FALL SCHEDULE: September 3, 2019 - December 31, 2019

ADULT LESSONS

Online registration available!
No annual registration required.

ADULT LESSONS - STEP 1

New to tennis? Learn strokes, grips, scoring, positioning & court terminology.

Tuesdays 10:00-11:00am 1.0-2.0
Thursdays 7:00-8:00pm 1.0-2.0
Saturdays Noon-1:00pm 1.0-2.0

ADULT LESSONS - STEP 2

Continuation of Step 1; for those with some experience looking to get back into playing. Players have developed consistency to keep the ball in play.

Mondays 10:00-11:00am 2.0-2.5
Tuesdays 11:00-Noon 2.0-2.5
Thursdays 8:00-9:00pm 2.0-2.5
Saturdays 1:00-2:00pm 2.0-2.5

LOOKING FOR LEVEL 3? SEE BELOW!

FALL SCHEDULE

Classes meet once a week for 3 or 4 weeks. Mon, Tue, Thu & Sat options

Session	Price
September (Sept 3 - 30)	\$90
October (Oct 3 - 26) <i>No Mon or Tue Classes</i>	\$90
November (Oct 31 - Nov 26)	\$90
December (Dec 2 - 21) <i>3 Week Sessions</i>	\$70
January (Jan 4 - 30)	\$90

2.5 - 3.0 • 90 MINUTE DRILLS • \$22 **NEW!**

Continuation of Step 2; includes some drill and match play; Players are comfortable competing in doubles drills & match play.

Mon, Wed 9:00-10:30am 2.5-3.0
Tuesdays 7:00-8:30pm 2.5-3.0
Saturdays 1:00-2:30pm 2.5-3.0

90 MINUTE DRILLS

Players should call or sign up at the front desk.
An annual registration is required.

DAYTIME DRILLS • \$22

Start your day right! Hit tons of balls while learning new tips and techniques.

Mo, Tu, Th 7:00-8:30am 3.0+
Mon, Thu 9:00-10:30am 3.0+

PRIME-TIME DRILLS • \$26

Work on all your strokes in a fast-paced environment. Our most popular drills!

Sat 7:30-9:00am 3.5+
Sat 9:00-10:30am 3.5+
Sat 10:30-Noon 3.0+
Sun 10:30-Noon 3.5+

Mon 7:30-9:00pm 3.5+
Wed 6:00-7:30pm 3.5+
Wed 7:30-9:00pm 3.5+
Thu 7:30-9:00pm 4.0+

DOUBLES DRILL & PLAY • \$22

For players looking for doubles practice and match play. Includes one hour drill and one hour supervised match play.

Mon 1:30-3:30pm 3.0-3.5

50+ DRILLS

Players should call or sign up at the front desk.
No annual registration is required.

Skill development and a great workout for any player over the age of 50.

60 MINUTE 50+ DRILL • \$13

Tue, Thu 9:00-10:00am 3.0-3.25
Wed Noon-1:00pm 2.5-3.25
Tue, Thu 9:00-10:00am 3.5+

90 MINUTE 50+ DRILL • \$18

Mon, Wed 1:30-3:00pm All Levels
Mon 10:30-Noon 3.5+
Fri 9:00-10:30am 2.0-3.5

Not sure of your player level? See inside back cover.

LESSON & DRILL SCHEDULE

BEGINNER - ADVANCED PLAYERS AGES 18+



Call 612.825.6844 to schedule a private or semi-private lesson with a pro!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Daytime	SUNRISE DRILL ● 7:00–8:30am 3.0+ Players	SUNRISE DRILL ● 7:00–8:30am 3.0+ Players	90 MINUTE DRILL ● 9:00–10:30am NEW! 2.5 - 3.0 Players	SUNRISE DRILL ● 7:00–8:30am 3.0+ Players	50+ DRILL ● 9:00–10:30am 2.0 - 3.5 Players	90 MINUTE DRILLS ● 7:30–9:00am 3.5+ Players	90 MINUTE DRILL ● 10:30–Noon 3.5+ Players
	90 MINUTE DRILLS ● 9:00–10:30am 2.5 - 3.0 Players 3.0+ Players	50+ DRILLS ● 9:00–10:00am 2.5 - 3.25 Players 3.5+ Players	50+ DRILLS ● Noon–1:00pm NEW! 2.5 - 3.25 Players	50+ DRILLS ● 9:00–10:00am 2.5 - 3.25 Players 3.5+ Players		90 MINUTE DRILL ● 9:00–10:30am 3.5+ Players	
	ADULT STEP 2 ● 10:00–11:00am 2.0 - 2.5 Players	ADULT STEP 1 ● 10:00–11:00am 1.0 - 2.0 Players	50+ DRILL ● 1:30–3:00pm All Levels	90 MINUTE DRILL ● 9:00–10:30am 3.0+ Players		90 MINUTE DRILL ● 10:30am–Noon 3.0+ Players	
	50+ DRILLS ● 10:30–Noon 3.5+ 1:30–3:00pm All Levels	ADULT STEP 2 ● 11:00am–Noon 2.0 - 2.5 Players				ADULT STEP 1 ● Noon–1:00pm 1.0 - 2.0 Players	
Evening	DOUBLES DRILL & PLAY ● 1:30–3:30pm 3.0 - 3.5 Players					ADULT STEP 2 ● 1:00–2:00pm 2.0 - 2.5 Players	
	90 MIN DRILL ● 7:30–9:00pm 3.5+ Players	90 MINUTE DRILL ● 7:00–8:30pm 2.5 - 3.0 Players	90 MINUTE DRILL ● 6:00–7:30pm 3.5+ Players 90 MINUTE DRILL ● 7:30–9:00pm 3.5+ Players	ADULT STEP 1 ● 7:00–8:00pm ADULT STEP 2 ● 8:00–9:00pm 90 MINUTE DRILL ● 7:30–9:00pm 4.0+ Players		90 MINUTE DRILL ● 1:00–2:30pm 2.5 - 3.0 Players	

● **DAYTIME DRILLS** ● **PRIME TIME DRILLS**
 Annual Registration Fee Required

● **50+ DRILLS**
 No Annual Registration Fee Required

● **ADULT LESSONS** (Sold in 3 or 4 session blocks)
 No Annual Registration Fee Required

COACHES



ROGER BOYER - ●●

A tennis professional with 40 years of experience, Roger served as assistant men's coach at Gustavus Adolphus College and as men's coach at Mankato State University. As regional tester and trainer for the United States Professional Tennis Association, he is also responsible for educating, evaluating and licensing new and advancing professionals.



KYLE BUCHMEIER - ●

Kyle has worked at ICT since 2011. He helps coordinate ICT's Women's Daytime League and coaches many adult and junior programs. He formerly served as Head Coach at Woodbury and Winona Cotter High Schools and captained the Winona State Men's Tennis Team for three years.



CALLEE CONDA ANDERSON - ●●

Callee has coached at ICT since 2011 after working at Longview Tennis Club in Duluth and at three Park and Rec programs. She played #1 singles and served as captain for both Hibbing High School and St. Scholastica College.



DILCIA PEDERSON STROMBERG - ●●

Dilcia, a Minneapolis South High School graduate, began playing tennis in ICT's Summer Tennis in the Parks Program in the 1990s. 'Dil' is 10U PTR certified, an Elite USPTA pro, and a regional tester for aspiring teaching pros. She's also the assistant Varsity coach at Washburn High School.



BILL STARK - ●●

Bill is a former University of Minnesota Gopher tennis player and has taught tennis for many years. He loves to play the game and his favorite tennis experience was winning the USTA Northern Section father-son championship with his father and then later with his son.



MAKS YORSH - ●

Maksim was born and raised in Minsk, Belarus. He competed on the ITF junior circuit, maintaining a top 20 European singles ranking throughout his junior career. He played college tennis for D1 Kennesaw State in Georgia and for Reinhardt University in the NAIA. After graduating, he jumped right into tennis coaching, working at the Kemp Performance Tennis Academy in Atlanta. He joined the ICT coaching staff in 2018.

PLAYER LEVELS/MISC

Adapted for InnerCity Tennis from the U.S. Tennis Association's NTRP rating system.

BEGINNING PLAYER

1.0 – 1.5 Has no or limited tennis experience and is still working primarily on getting the ball into play.

2.0 Needs on-court experience. Has obvious stroke weaknesses but is familiar with basic positions for singles and doubles play.

2.5 Learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.

BEGINNER - INTERMEDIATE PLAYER

3.0 Fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth or power.

INTERMEDIATE PLAYER

3.5 Has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. Starting to exhibit more aggressive net play and has improved court coverage.

4.0 Has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. May be starting to master the use of power and spins (though tends to over-hit difficult shots). Rallies may be lost due to impatience.

INTERMEDIATE - ADVANCED PLAYER

4.5 Starting to master the use of power and spins and beginning to handle pace, has sound footwork, can control depth of shots and is beginning to vary game plan according to opponents. Can hit first serves with power and accuracy and place the second serve. Tends to overhit on difficult shots. Aggressive net play is common in doubles. May have played high school varsity or college club or lower level varsity tennis.

2019-20 ANNUAL REGISTRATION FEE

Required for drills only. No registration fee required for lessons.

- Individual\$125 (includes tax)
- Household (Couple or Family)\$200 (includes tax)

GENERAL POLICIES

- Student no-shows will be charged
- Refunds will only be given if a student's spot is resold to someone else
- Cancellations and no shows need to be paid before a player registers for another class
- No make-up classes if a student misses due to illness or personal reasons