

Commonpoint Queens Tennis and Athletic Center

Winter Semester : January 4, 2023 - April 4, 2023

No classes: Sunday, February 19 - Saturday, February 25, 2023

Visit our website at www.commonpointqueens.org/tennis to register today!

Players with tennis experience are required to register for an evaluation prior to registering for a class.

Call 718-269-7262 to reserve your evaluation spot today!

Adult Tennis Programs

Intro Class (Rating: 1.0)

Introductory class for players who are new to tennis. Program is designed to teach rules and basic strokes of the game. **Ratio 6:1**

- Thursday 7:00 - 8:30 pm
- Saturday 1:30 - 3:00 pm

12 sessions \$540

Level-up Drill (Rating: 1.5-2.0)

This class is designed with more game based play with the understanding of strategic play and doubles positioning. Strokes are more refined with the proper grips and spin development. **Ratio 6:1**

- Monday 7:30 - 9:00 pm
- Sunday 11:30 - 1:00 pm

12 sessions \$540

Cardio (2.5 & up)

High impact circuit training with the use of apparatus and possibly with upbeat music pumping during the class.

- Tuesday 7:00 - 8:30 pm

12 sessions \$540

Drill & Play (Rating: 3.5)

Players work on specific movement, strokes or play tactics and summed up in live ball play. 1 hour of Drill and 30 mins. point play. **Ratio 4:1**

- Sunday, 11:30 - 1:00 pm

12 sessions \$720

Adult High Performance (4.0 - 4.5)

This is an advanced level group. Players are drilled for the first hour (doubles strategy) and play for the last 1/2 hour. **Ratio 4:1**

- Tuesday, 7:00 - 8:30 pm
- Sunday, 9:30 - 11:00 am

12 sessions \$720

Adult and Senior League

Adult League run by Cathie Delaney. Players are sent out to their courts where they play doubles and keep track of scores.

- Monday, 11:30 - 1:00 pm
- Wednesday, 11:30 - 1:30 pm (2 hrs)

(MON) 12 sessions: Adult \$276, Sr. Rate: \$240
(WED) 12 sessions: Adult \$360, Sr. Rate: \$324

Drill (Rating: 2.5 - 3.0)

In this group players work on specific movement, strokes or play tactics and summed up in live ball play. 1 hour of Drill and 30 mins. point play. **Ratio 6:1**

- Wednesday 10:00 - 11:30 am
- Wednesday 7:00 - 8:30 pm
- Thursday 7:00 - 8:30 pm
- Saturday 11:30 - 1:00 pm

12 sessions \$540

Winter Semester Make-up Dates

Offered for registrants who missed a class during the session. Each player can register one (1) make-up date, per class, per semester. Pre-registration is required by completing the [Make-up Request Form](#).

- February 21 Time TBD
- February 22 Time TBD
- April 12 Time TBD
- April 15 Time TBD

Commonpoint Queens Tennis and Athletic Center

Pickleball Open Play at Alley Pond
Winter Semester : January 4, 2023 - April 4, 2023
No classes: February 19 - February 25, 2023

A minimum of 4 players per group is required.
Weekends and Weeknights: \$20/player | Weekday Daytime: \$15/player
Visit our website at www.commonpointqueens.org/tennis to register

Beginner and Novice

| | |
|---------|---------------------|
| Monday | 10:00 am - 12:00 pm |
| Tuesday | 10:00 am - 12:00 pm |

Intermediate and Advanced

| | |
|----------|--------------------|
| Saturday | 11:00 am - 1:00 pm |
|----------|--------------------|

Novice & Low Intermediate

| | |
|-----------|---------------------|
| Tuesday | 5:00 - 7:00 pm |
| Wednesday | 9:00 - 11:00 am |
| Friday | 10:00 am - 12:00 pm |
| Friday | 1:00 - 3:00 pm |
