

Babette Horenstein Tennis Center



TUALATIN HILLS
PARK & RECREATION DISTRICT

Formerly Tualatin Hills Tennis Center

HMT Recreation Complex
15707 SW Walker Road
Beaverton, 97006
503-629-6331

TriMet Routes: #67, 59

Facility Supervisor: Brian Leahy

Winter Term: January 1 - April 2, 2017

Spring Term: April 3 - June 18, 2017

Building Hours:

Monday-Sunday 8 am-10 pm

Office Hours:

Monday-Sunday 8 am-9 pm

No-class days: 1/16, 4/21, 4/22, 5/11, 5/18, 5/28, 5/29

Babette Horenstein Tennis Center Features:

- 14 indoor courts October through April
- Six indoor courts and 8 outdoor lighted tennis courts (May through September)
- One outdoor Stadium Court
- Showers available for \$2.50 charge for those not playing tennis. Supply your own towel.

Enjoy playing tennis via group and private instruction, open play, social events, tournaments, league play and more.

THPRD is a USTA Tennis Welcome Center and a National Recreation & Park Association Tennis in the Parks member.

Inclement Weather

See page 5 for THPRD Inclement Weather Policy.



TennisCenter

New name for the Tennis Center!



In August, the THPRD Board of Directors approved a staff recommendation to change the name of the Tennis Center in honor of Babette Horenstein, a longtime board member, community volunteer, and tennis advocate.

Play Tennis in the Parks

THPRD maintains more than 100 tennis courts at 37 park sites throughout our community. For specific locations, see page 176 or call the Tennis Center at 503-629-6331.

We now have red, orange and green dot compression balls available for \$1.75 each. They're the perfect way to play with your family!

Children under 10 years of age must be visually supervised by a parent, guardian or caregiver at least 15 years of age.

The Tennis Center will make every effort to ensure that your class will take place. This may include adjusting the number of times a class meets, which may affect the cost of the class per session.

Please note that when this situation occurs, we will contact you before your class starts.

THPRD VOLUNTEERS!

For volunteer opportunities, email Jim Rankin, jrankin@thprd.org or call 503-629-6331.

Court Rates and Reservations

- You may make a reservation in person or by phone. Full payment must be made at the time the reservation is made.
- You may reserve one court for 1, 1½ or 2 hours.
- Payments accepted include cash, check, THPRD gift card or credit card (VISA, MasterCard or Discover).
- Full refund if cancelled two days prior.
- Outdoor courts may be reserved on the day of play only. Full payment must be made at the time the reservation is made.

Indoor Courts

In-district patrons: may reserve seven days in advance.

Out-of-district patrons: may reserve two days in advance.

In-district: \$19/hour adult, \$17/hour senior, \$17/hour military

Out-of-district: \$24/hour no assessment, \$19/hour AP (assessment paid)

Non-Prime hours:
Monday-Friday, 8-9 am, 1-3 pm
In-district: \$14.25/hour,
\$12.75/hour senior and military

Out-of-district: \$18/hour no assessment,
\$14.25/hour AP (assessment paid).

Does not apply on holidays.



Outdoor Courts

In-district: \$9/hour adult, \$8.25/hour senior, \$8.25/hour military

Out-of-district: \$11.50/hour no assessment, \$9/hour AP (assessment paid)

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservations.

Private Tennis Instruction

Improve your technical skills and game strategies with private instruction. Individual or group private lessons are available for a base rate of \$48/hour (in-district). Payment is required when booking. Lessons are by appointment only; call the Tennis Center to schedule. A five-day cancellation notice is required for a full refund. **Want to get on the email update list?** Email gswind@thprd.org with "private lesson" in the subject line.

Outdoor Neighborhood Tennis Courts

Barsotti Park (60' youth court)

16570 SW Blanton St

Camille Park East and West
Access at W end of SW Marjorie,
S end of SW 105th Ave

Cedar Hills Park^

2300 SW Cedar Hills Blvd, N of SW Walker Rd (2 lighted)

Cedar Mill Park*

10385 NW Cornell Rd, W of NW 102nd Ave

Cedar Park School*

11100 SW Park Way & SW Cedar Hills Blvd

Center Street Park

11895 SW Center St

Conestoga Middle School*

12250 SW Conestoga Dr

Five Oaks Middle School

1600 NW 173rd Ave, S of NW Cornell Rd

Forest Hills Park+

SW Butner Rd & SW Portola Ave, access off SW Portola, S of Sunset Hwy, E of SW Cedar Hills Blvd

Garden Home Park*

8200 SW 83rd Ave

Greenway Park+

E of SW Greenway, between SW Hall & SW Scholls Ferry Rd

Hazeldale Park (Rosa)

Access off SW Rosa between SW 196th Ave & SW 194th Ave

Highland Park Middle School

7000 SW Wilson Ave, S on SW Wilson Ave from SW Allen Blvd

Howard M. Terpenning Recreation Complex^*+

15707 SW Walker Rd
NE Corner of SW Walker Rd & SW 158th Ave

Lost Park

2120 NW 111th Ave, N of NW Lost Park Dr

McMillan Park

Access off SW Chestnut, N of SW Cypress & SW 99th Ave

Meadow Park Middle School

14100 SW Downing St, N of SW Walker Rd, E of SW Meadow Dr

Melilah Park

Access off SW Arborcrest or SW 180th Ave, E of SW 182nd Ave

Mitchell Park*

Access off NW 93rd, W of NW Leahy Rd

Mt View Middle School - SWCQP (Closed until Fall 2017)

17500 SW Farmington Rd

Murrayhill Park

No car access, SW Scholls Ferry Rd, SW Weir Rd, SW 155th Ave

PCC Rock Creek^*

17705 NW Springville Rd (6 lighted)

Raleigh Park*

3500 SW 78th Ave & SW Fairway

Reservoir Park (closed)

Access off SW Inglewood St, N of SW Imperial

Ridgecrest Park

Access off SW Cresmoor, W of SW Hillcrest, off SW Hall Blvd

Ridgewood View Park (open fall 2016)

NE and SE corners of Hwy 217 & SW Meade

Rock Creek Landing

NE corner of NW Cornelius Pass Rd & NW Rock Creek Blvd

Roxbury Park*

SE corner of SW Berkshire & SW Roxbury

Somerset Meadows Park*

SE corner of NW Somerset & NW Park View, N of NW Park View, E of NW 174th Ave

Somerset West Park

18300 NW Park View, E of NW 185th Ave, N of Hwy 26

Summercrest Park East

E of SW Rigert & SW 170th Ave

Summercrest Park West

Access off SW 171st Ave, S of SW Juliann

Sunset Park*

13707 NW Science Park Dr
S of NW Cornell Rd, W of NW Murray

Terra Linda Park

Access S of NW Burton, E of NW 139th Ave

Vista Brook Park*

6410 SW Scholls Ferry Rd at SW 88th Ave

West Sylvan School

8111 SW West Slope Dr

Westview High School

4200 NW 185th Ave, between Hwy 26 & NW West Union Rd

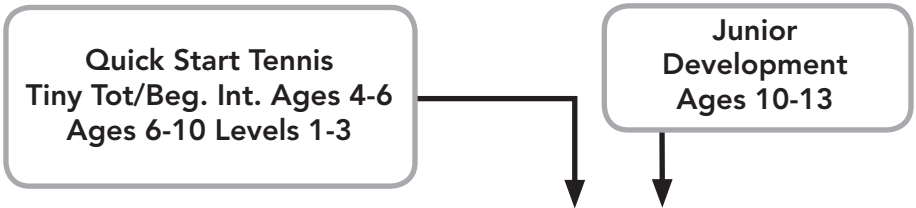
*Includes backboard ^Includes outdoor lights +Includes hitting wall
For more information, go to www.thprd.org

For your safety, only tennis shoes are allowed on the tennis courts. No running shoes, cleated shoes, boots, sandals, heels, black-soled, flats or street shoes.



Junior Player Development at THPRD

General Instruction Group Lessons



Competitive Prep Program



- Prerequisite
Level 3+ →
- Prerequisites
1. Currently participating in Tournaments
2. Tryout →
- Prerequisites
1. Level 3+
2. High School Team Experience →

Rookie Prep
NTRP Levels 3 & 4
Ages 6-14

Junior Elite Training
Ages 8-14

High Performance Hit Group
Ages 8-14

High School Prep, Advanced High School Prep
8th-12th Grade

- USTA Entry Level Tournament Play
- USTA Intermediate/Advanced Tournament Play
- USTA Intermediate/Advanced Tournament Play

Tiny Tot Skill & Development (Ages 4-5 yrs)

Introduction to tennis. Class time is split between the development of tennis specific coordination and motor skills and the development of racquet handling and strokes by hitting tennis balls. Exceptionally skilled children approved by the instructor may go to Tiny Tot Intermediate; otherwise, the child needs to meet the age requirements to join Tiny Tot Intermediate.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC30111	1/9-1/30	M	5-5:30 pm	\$18	\$22.50	3
TC30112	1/10-1/31	T	3:45-4:15 pm	\$24	\$30	4
TC30113	1/10-1/31	T	5:45-6:15 pm	\$24	\$30	4
TC30114	1/11-2/1	W	5-5:30 pm	\$24	\$30	4
TC30115	1/12-2/2	Th	3:45-4:15 pm	\$24	\$30	4
TC30116	1/12-2/2	Th	5:45-6:15 pm	\$24	\$30	4
TC30121	2/6-2/27	M	5-5:30 pm	\$24	\$30	4
TC30122	2/7-2/28	T	3:45-4:15 pm	\$24	\$30	4
TC30123	2/7-2/28	T	5:45-6:15 pm	\$24	\$30	4
TC30124	2/8-3/1	W	5-5:30 pm	\$24	\$30	4
TC30125	2/9-3/2	Th	3:45-4:15 pm	\$24	\$30	4
TC30126	2/9-3/2	Th	5:45-6:15 pm	\$24	\$30	4
TC30131	3/6-3/20	M	5-5:30 pm	\$18	\$22.50	3
TC30132	3/7-3/21	T	3:45-4:15 pm	\$18	\$22.50	3
TC30133	3/7-3/21	T	5:45-6:15 pm	\$18	\$22.50	3
TC30134	3/8-3/22	W	5-5:30 pm	\$18	\$22.50	3
TC30135	3/9-3/23	Th	3:45-4:15 pm	\$18	\$22.50	3
TC30136	3/9-3/23	Th	5:45-6:15 pm	\$18	\$22.50	3
Spring Term:						
TC40111	4/3-5/1	M	5-5:30 pm	\$30	\$37.50	5
TC40112	4/4-5/2	T	3:45-4:15 pm	\$30	\$37.50	5
TC40113	4/4-5/2	T	5:45-6:15 pm	\$30	\$37.50	5
TC40114	4/5-5/3	W	5-5:30 pm	\$30	\$37.50	5
TC40115	4/6-5/4	Th	3:45-4:15 pm	\$30	\$37.50	5
TC40116	4/6-5/4	Th	5:45-6:15 pm	\$30	\$37.50	5
TC40121	5/8-6/5	M	5-5:30 pm	\$24	\$30	4
TC40122	5/9-6/6	T	3:45-4:15 pm	\$30	\$37.50	5
TC40123	5/9-6/6	T	5:45-6:15 pm	\$30	\$37.50	5
TC40124	5/10-6/7	W	5-5:30 pm	\$30	\$37.50	5
TC40125	5/25-6/8	Th	3:45-4:15 pm	\$18	\$22.50	3
TC40126	5/25-6/8	Th	5:45-6:15 pm	\$18	\$22.50	3

Tiny Tot Intermediate (Ages 5-6)

Development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC30211	1/9-2/1	M/W	3:30-4:15 pm	\$63	\$78.75	7
TC30212	1/9-2/1	M/W	5:30-6:15 pm	\$63	\$78.75	7
TC30213	1/10-2/2	T/Th	4:15-5 pm	\$72	\$90	8
TC30214	1/10-2/2	T/Th	5:30-6:15 pm	\$72	\$90	8
TC30221	2/6-3/1	M/W	3:30-4:15 pm	\$72	\$90	8
TC30222	2/6-3/1	M/W	5:30-6:15 pm	\$72	\$90	8
TC30223	2/7-3/2	T/Th	4:15-5 pm	\$72	\$90	8
TC30224	2/7-3/2	T/Th	5:30-6:15 pm	\$72	\$90	8
TC30231	3/6-3/22	M/W	3:30-4:15 pm	\$54	\$67.50	6
TC30232	3/6-3/22	M/W	5:30-6:15 pm	\$54	\$67.50	6
TC30233	3/7-3/23	T/Th	4:15-5 pm	\$54	\$67.50	6
TC30234	3/7-3/23	T/Th	5:30-6:15 pm	\$54	\$67.50	6

Tiny Tot Intermediate (Ages 5-6) (Continued)

Class #	Dates	Days	Times	ID/AP	OD	Days
Spring Term:						
TC40211	4/3-5/3	M/W	3:30-4:15 pm	\$90	\$112.50	10
TC40212	4/3-5/3	M/W	5:30-6:15 pm	\$90	\$112.50	10
TC40213	4/4-5/4	T/Th	4:15-5 pm	\$90	\$112.50	10
TC40214	4/4-5/4	T/Th	5:30-6:15 pm	\$90	\$112.50	10
TC40221	5/8-6/7	M/W	3:30-4:15 pm	\$81	\$101.25	9
TC40222	5/8-6/7	M/W	5:30-6:15 pm	\$81	\$101.25	9
TC40223	5/9-6/8	T/Th	4:15-5 pm	\$72	\$90	8
TC40224	5/9-6/8	T/Th	5:30-6:15 pm	\$72	\$90	8

Junior Athletic Development Clinic (Ages 4-6)

This one-day clinic puts an emphasis on hand-to-eye coordination skills, ball tracking, footwork and minimal racket skills. The goal of this clinic is to enhance all of these athletic skills, which in turn will improve the overall tennis playing experience for the student.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC30311	1/28	S	9-9:30 am	\$6	\$7.50	1
TC30321	2/25	S	9-9:30 am	\$6	\$7.50	1
TC30331	3/11	S	9-9:30 am	\$6	\$7.50	1
Spring Term:						
TC40311	4/29	S	9-9:30 am	\$6	\$7.50	1
TC40321	5/6	S	9-9:30 am	\$6	\$7.50	1
TC40331	6/3	S	9-9:30 am	\$6	\$7.50	1

Quick Start Tennis, Level 1 (Ages 6-8)

Learn the basic tennis skills: forehand, backhand, serve and volley. This class is taught on a 36-foot court using compression tennis balls.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC31111	1/9-2/1	M/W	3:30-4:15 pm	\$63	\$78.75	7
TC31112	1/9-2/1	M/W	5:30-6:15 pm	\$63	\$78.75	7
TC31113	1/9-2/1	M/W	6:15-7 pm	\$63	\$78.75	7
TC31114	1/10-2/2	T/Th	3:45-4:30 pm	\$72	\$90	8
TC31115	1/10-2/2	T/Th	6-7 pm	\$96	\$120	8
TC31116	1/28-2/4	S	9-9:45 am	\$18	\$22.50	2
TC31117	1/28-2/4	S	3-3:45 pm	\$18	\$22.50	2
TC31121	2/6-3/1	M/W	3:30-4:15 pm	\$72	\$90	8
TC31122	2/6-3/1	M/W	5:30-6:15 pm	\$72	\$90	8
TC31123	2/6-3/1	M/W	6:15-7 pm	\$72	\$90	8
TC31124	2/7-3/2	T/Th	3:45-4:30 pm	\$72	\$90	8
TC31125	2/7-3/2	T/Th	6-7 pm	\$96	\$120	8
TC31126	2/11-3/4	S	9-9:45 am	\$36	\$45	4
TC31127	2/11-3/4	S	3-3:45 pm	\$36	\$45	4
TC31131	3/6-3/22	M/W	3:30-4:15 pm	\$54	\$67.50	6
TC31132	3/6-3/22	M/W	5:30-6:15 pm	\$54	\$67.50	6
TC31133	3/6-3/22	M/W	6:15-7 pm	\$54	\$67.50	6
TC31134	3/7-3/23	T/Th	3:45-4:30 pm	\$54	\$67.50	6
TC31135	3/7-3/23	T/Th	6-7 pm	\$72	\$90	6
TC31136	3/11-3/25	S	9-9:45 am	\$27	\$33.75	3
TC31137	3/11-3/25	S	3-3:45 pm	\$27	\$33.75	3
Spring Term:						
TC41111	4/3-5/3	M/W	3:30-4:15 pm	\$90	\$112.50	10
TC41112	4/3-5/3	M/W	5:30-6:15 pm	\$90	\$112.50	10

Continued

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Quick Start Tennis, Level 1 (Ages 6-8) (continued)

Class #	Dates	Days	Times	ID/AP	OD	Days
TC41113	4/3-5/3	M/W	6:15-7 pm	\$90	\$112.50	10
TC41114	4/4-5/4	T/Th	3:45-4:30 pm	\$90	\$112.50	10
TC41115	4/8-5/6	S	9-9:45 am	\$36	\$45	4
TC41116	4/8-5/6	S	3-3:45 pm	\$36	\$45	4
TC41121	5/8-6/7	M/W	3:30-4:15 pm	\$81	\$101.25	9
TC41122	5/8-6/7	M/W	5:30-6:15 pm	\$81	\$101.25	9
TC41123	5/8-6/7	M/W	6:15-7 pm	\$81	\$101.25	9
TC41124	5/9-6/8	T/Th	3:45-4:30 pm	\$72	\$90	8
TC41125	6/3-6/10	S	9-9:45 am	\$18	\$22.50	2
TC41126	6/3-6/10	S	3-3:45 pm	\$18	\$22.50	2

Quick Start Tennis, Level 1.5-2 (Ages 6-8)

Continued skill development of hitting from a stationary position as well as while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. This class is an introduction to game scoring. Students are separated by skill level on the first day of class. Class is taught on a 36-foot and/or 60-foot court with compression balls. **Instructor approval required prior to signing up for this level.**

Winter Term:

TC31211	1/9-2/1	M/W	3:30-4:15 pm	\$63	\$78.75	7
TC31212	1/10-2/2	T/Th	4:15-5 pm	\$72	\$90	8
TC31213	1/10-2/2	T/Th	5:15-6 pm	\$72	\$90	8
TC31214	1/10-1/31	T	6:15-7 pm	\$36	\$45	4
TC31215	1/28-2/4	S	12:15-1 pm	\$18	\$22.50	2
TC31221	2/6-3/1	M/W	3:30-4:15 pm	\$72	\$90	8
TC31222	2/7-3/2	T/Th	4:15-5 pm	\$72	\$90	8
TC31223	2/7-3/2	T/Th	5:15-6 pm	\$72	\$90	8
TC31224	2/7-2/28	T	6:15-7 pm	\$36	\$45	4
TC31225	2/11-3/4	S	12:15-1 pm	\$36	\$45	4
TC31231	3/6-3/22	M/W	3:30-4:15 pm	\$54	\$67.50	6
TC31232	3/7-3/23	T/Th	4:15-5 pm	\$54	\$67.50	6
TC31233	3/7-3/23	T/Th	5:15-6 pm	\$54	\$67.50	6
TC31234	3/7-3/21	T	6:15-7 pm	\$27	\$33.75	3
TC31235	3/11-3/25	S	12:15-1 pm	\$27	\$33.75	3

Spring Term:

TC41211	4/3-5/3	M/W	3:30-4:15 pm	\$90	\$112.50	10
TC41212	4/4-5/4	T/Th	4:15-5 pm	\$90	\$112.50	10
TC41213	4/4-5/4	T/Th	5:15-6 pm	\$90	\$112.50	10
TC41214	4/4-5/2	T	6:15-7 pm	\$45	\$56.25	5
TC41215	4/8-5/6	S	12:15-1 pm	\$36	\$45	4
TC41221	5/8-6/7	M/W	3:30-4:15 pm	\$81	\$101.25	9
TC41222	5/9-6/8	T/Th	4:15-5 pm	\$72	\$90	8
TC41223	5/9-6/8	T/Th	5:15-6 pm	\$72	\$90	8
TC41224	5/23-6/6	T	6:15-7 pm	\$27	\$33.75	3
TC41225	6/3-6/10	S	12:15-1 pm	\$18	\$22.50	2

Quick Start 8 and Under Match Play, Level 2-3 (Ages 6-8)

This is an introduction to match play for players levels 2-3. Athletic development skills will be practiced to start each class. Coaches will organize competitive matches amongst players. This is a good supplement to normal group lessons.

Class #	Dates	Days	Times	ID/AP	OD	Days
TC31311	1/20-2/3	F	4:30-6 pm	\$54	\$67.50	3
TC31321	2/10-3/3	F	4:30-6 pm	\$72	\$90	4
TC31331	3/10-3/24	F	4:30-6 pm	\$54	\$67.50	3

Spring Term:

TC41311	4/7-5/5	F	4:30-6 pm	\$72	\$90	4
TC41321	6/2-6/9	F	4:30-6 pm	\$36	\$45	2

Junior Athletic Development Clinic (Ages 6-8)

This one-day clinic puts an emphasis on hand-eye coordination skills, ball tracking and footwork. Each of these no-racquet skills will be practiced then incorporated by using a racquet to hit and play points.

Winter Term:

TC31411	1/28	S	9:30-10:15 am	\$9	\$11.25	1
TC31421	2/25	S	9:30-10:15 am	\$9	\$11.25	1
TC31431	3/11	S	9:30-10:15 am	\$9	\$11.25	1

Spring Term:

TC41411	4/29	S	9:30-10:15 am	\$9	\$11.25	1
TC41421	5/6	S	9:30-10:15 am	\$9	\$11.25	1
TC41431	6/3	S	9:30-10:15 am	\$9	\$11.25	1

Quick Start Tennis, Level 1 (Ages 8-10)

Introduction to the basic tennis skills: forehand, backhand, serve and volley. This class is taught on a 60-foot court and will use both compression and standard balls.

Winter Term:

TC32111	1/9-2/1	M/W	4:15-5 pm	\$63	\$78.75	7
TC32112	1/9-2/1	M/W	5:30-6:15 pm	\$63	\$78.75	7
TC32113	1/10-2/2	T/Th	3:30-4:15 pm	\$72	\$90	8
TC32114	1/28-2/4	S	11-11:45 am	\$18	\$22.50	2
TC32115	1/28-2/4	S	3:45-4:30 pm	\$18	\$22.50	2
TC32121	2/6-3/1	M/W	4:15-5 pm	\$72	\$90	8
TC32122	2/6-3/1	M/W	5:30-6:15 pm	\$72	\$90	8
TC32123	2/7-3/2	T/Th	3:30-4:15 pm	\$72	\$90	8
TC32124	2/11-3/4	S	11-11:45 am	\$36	\$45	4
TC32125	2/11-3/4	S	3:45-4:30 pm	\$36	\$45	4
TC32131	3/6-3/22	M/W	4:15-5 pm	\$54	\$67.50	6
TC32132	3/6-3/22	M/W	5:30-6:15 pm	\$54	\$67.50	6
TC32133	3/7-3/23	T/Th	3:30-4:15 pm	\$54	\$67.50	6
TC32134	3/11-3/25	S	11-11:45 am	\$27	\$33.75	3
TC32135	3/11-3/25	S	3:45-4:30 pm	\$27	\$33.75	3

Spring Term:

TC42111	4/3-5/3	M/W	4:15-5 pm	\$90	\$112.50	10
TC42112	4/3-5/3	M/W	5:30-6:15 pm	\$90	\$112.50	10
TC42113	4/4-5/4	T/Th	3:30-4:15 pm	\$90	\$112.50	10
TC42114	4/8-5/6	S	11-11:45 am	\$36	\$45	4
TC42115	4/8-5/6	S	3:45-4:30 pm	\$36	\$45	4
TC42121	5/8-6/7	M/W	4:15-5 pm	\$81	\$101.25	9
TC42122	5/8-6/7	M/W	5:30-6:15 pm	\$81	\$101.25	9
TC42123	5/9-6/8	T/Th	3:30-4:15 pm	\$72	\$90	8
TC42124	6/3-6/10	S	11-11:45 am	\$18	\$22.50	2
TC42125	6/3-6/10	S	3:45-4:30 pm	\$18	\$22.50	2

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Quick Start Tennis, Level 1.5-2 (Ages 8-10)

Continued development of hitting from a stationary position as well as while moving to the ball. Development of volley skills and awareness of court positioning for both singles and doubles play. This class is an introduction to game scoring and is taught on a 60-foot court using compression and standard balls. Students are separated by skill level on the first day of class. Instructor approval required prior to signing up for this level.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC32211	1/9-2/1	M/W	4:15-5 pm	\$63	\$78.75	7
TC32212	1/10-2/2	T/Th	3:30-4:30 pm	\$72	\$90	8
TC32213	1/11-2/1	W	6:15-7 pm	\$36	\$45	4
TC32214	1/28-2/4	S	12:15-1 pm	\$18	\$22.50	2
TC32221	2/6-3/1	M/W	4:15-5 pm	\$72	\$90	8
TC32222	2/7-3/2	T/Th	3:30-4:30 pm	\$96	\$120	8
TC32223	2/8-3/1	W	6:15-7 pm	\$36	\$45	4
TC32224	2/11-3/4	S	12:15-1 pm	\$36	\$45	4
TC32231	3/6-3/22	M/W	4:15-5 pm	\$54	\$67.50	6
TC32232	3/7-3/23	T/Th	3:30-4:30 pm	\$54	\$67.50	6
TC32233	3/8-3/22	W	6:15-7 pm	\$27	\$33.75	3
TC32234	3/11-3/25	S	12:15-1 pm	\$27	\$33.75	3
Spring Term:						
TC42211	4/3-5/3	M/W	4:15-5 pm	\$90	\$112.50	10
TC42212	4/4-5/4	T/Th	3:30-4:30 pm	\$120	\$150	10
TC42213	4/5-5/3	W	6:15-7 pm	\$45	\$56.25	5
TC42214	4/8-5/6	S	12:15-1 pm	\$36	\$45	4
TC42221	5/8-6/7	M/W	4:15-5 pm	\$81	\$101.25	9
TC42222	5/9-6/8	T/Th	3:30-4:30 pm	\$96	\$120	8
TC42223	5/10-6/7	W	6:15-7 pm	\$45	\$56.25	5
TC42224	6/3-6/10	S	12:15-1 pm	\$18	\$22.50	2

Quick Start Match Play, Level 2-3 (Ages 8-10)

Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2-3. Coaches will organize competitive matches amongst players. This is a good supplement to normal group lessons.

Winter Term:						
TC32311	1/9-2/1	M/W	3:30-4:30 pm	\$89	\$111.25	7
TC32312	1/10-2/2	T/Th	3:30-4:15 pm	\$76	\$95	8
TC32313	1/10-2/2	T/Th	6-6:45 pm	\$76	\$95	8
TC32321	2/6-3/1	M/W	3:30-4:30 pm	\$101	\$126.25	8
TC32322	2/7-3/2	T/Th	3:30-4:15 pm	\$76	\$95	8
TC32323	2/7-3/2	T/Th	6-6:45 pm	\$76	\$95	8
TC32331	3/6-3/22	M/W	3:30-4:30 pm	\$76	\$95	6
TC32332	3/7-3/23	T/Th	3:30-4:15 pm	\$57	\$71.25	6
TC32333	3/7-3/23	T/Th	6-6:45 pm	\$57	\$71.25	6
Spring Term:						
TC42311	4/3-5/3	M/W	3:30-4:30 pm	\$127	\$158.75	10
TC42312	4/4-5/4	T/Th	3:30-4:15 pm	\$95	\$118.75	10
TC42313	4/4-5/4	T/Th	6-6:45 pm	\$95	\$118.75	10
TC42321	5/8-6/7	M/W	3:30-4:30 pm	\$114	\$142.50	9
TC42322	5/9-6/8	T/Th	3:30-4:15 pm	\$76	\$95	8
TC42323	5/9-6/8	T/Th	6-6:45 pm	\$76	\$95	8

Quick Start Match Play, Level 2-3 (Ages 8-10)

Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2-3. Coaches will organize competitive matches amongst players. This is a good supplement to normal group lessons.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC32411	1/20-2/3	F	4:30-6 pm	\$54	\$67.50	3
TC32421	2/10-3/3	F	4:30-6 pm	\$72	\$90	4
TC32431	3/10-3/24	F	4:30-6 pm	\$54	\$67.50	3
Spring Term:						
TC42411	4/7-5/5	F	4:30-6 pm	\$76	\$95	4
TC42421	6/2-6/9	F	4:30-6 pm	\$38	\$47.50	2

Junior Athletic Development Clinic (Ages 8-10)

This one-day clinic puts an emphasis on hand-eye coordination skills, ball tracking and footwork. Each of these no-racquet skills will be practiced then incorporated by using a racquet to hit and play points.

Winter Term:						
TC32511	1/28	S	10:30-11:15 am	\$9	\$11.25	1
TC32521	2/25	S	10:30-11:15 am	\$9	\$11.25	1
TC32531	3/11	S	10:30-11:15 am	\$9	\$11.25	1
Spring Term:						
TC42511	4/29	S	10:30-11:15 am	\$9	\$11.25	1
TC42521	5/6	S	10:30-11:15 am	\$9	\$11.25	1
TC42531	6/3	S	10:30-11:15 am	\$9	\$11.25	1

Family Tennis, Levels 1 & 2, (Ages 9-13)

This class is designed for a parent and child to take together. The child should be a beginner, Level 1 or 2. Develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Parents should also come prepared to learn and play. Please only one child per adult. Register child, and parent is automatically registered.

Winter Term:						
TC33511	1/10-1/31	T	7-8 pm	\$59	\$73.75	4
TC33512	1/20-2/3	F	6-7 pm	\$44	\$55	3
TC33521	2/7-2/28	T	7-8 pm	\$59	\$73.75	4
TC33522	2/10-3/3	F	6-7 pm	\$59	\$73.75	4
TC33531	3/7-3/21	T	7-8 pm	\$44	\$55	3
TC33532	3/10-3/24	F	6-7 pm	\$44	\$55	3
Spring Term:						
TC43511	4/4-5/2	T	7-8 pm	\$73	\$91.25	5
TC43512	4/7-5/5	F	6-7 pm	\$59	\$73.75	4
TC43521	5/9-6/6	T	7-8 pm	\$73	\$91.25	5
TC43522	6/2-6/9	F	6-7 pm	\$29	\$36.25	2

Teri's Spring Break Camp

The camp consists of hand-eye coordination drills and games, tennis instruction and tennis games. Plus, enjoy other sports and activities. Please bring a lunch, water bottle and snack to camp each day.

TC33611	3/27-3/30	M-Th	9 am-3 pm	\$269	\$336.25	4
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Junior Development, Level 1 (Ages 10-13)

This player is just starting to play tennis and is learning the basic skills of serving, backhands, forehands and volleys. This class will use both a 60 and 78-foot court.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC33111	1/9-2/1	M/W	5-6 pm	\$54	\$67.50	7
TC33112	1/10-2/2	T/Th	5:15-6:15 pm	\$61	\$76.25	8
TC33113	1/28-2/4	S	10-11 am	\$15	\$18.75	2
TC33114	1/28-2/4	S	4:45-5:45 pm	\$15	\$18.75	2
TC33121	2/6-3/1	M/W	5-6 pm	\$61	\$76.25	8
TC33122	2/7-3/2	T/Th	5:15-6:15 pm	\$61	\$76.25	8
TC33123	2/11-3/4	S	10-11 am	\$31	\$38.75	4
TC33124	2/11-3/4	S	4:45-5:45 pm	\$31	\$38.75	4
TC33131	3/6-3/22	M/W	5-6 pm	\$46	\$57.50	6
TC33132	3/7-3/23	T/Th	5:15-6:15 pm	\$46	\$57.50	6
TC33133	3/11-3/25	S	10-11 am	\$23	\$28.75	3
TC33134	3/11-3/25	S	4:45-5:45 pm	\$23	\$28.75	3
Spring Term:						
TC43111	4/3-5/3	M/W	5-6 pm	\$77	\$96.25	10
TC43112	4/4-5/4	T/Th	5:15-6:15 pm	\$77	\$96.25	10
TC43113	4/8-5/6	S	10-11 am	\$31	\$38.75	4
TC43114	4/8-5/6	S	4:45-5:45 pm	\$31	\$38.75	4
TC43121	5/8-6/7	M/W	5-6 pm	\$69	\$86.25	9
TC43122	5/9-6/8	T/Th	5:15-6:15 pm	\$61	\$76.25	8
TC43123	6/3-6/10	S	10-11 am	\$15	\$18.75	2
TC43124	6/3-6/10	S	4:45-5:45 pm	\$15	\$18.75	2

Junior Development, Level 1.5-2 (Ages 10-13)

Continued development of hitting from a stationary position as well as while moving to the ball. Emphasis on coordinating footwork to improve shot consistency as well as technical work to improve serve consistency. Continued development of volley skills and introduction to singles and doubles court positioning. Class is taught on both a 60 and 78-foot court. Students are separated by skill level on the first day of class. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC33211	1/9-2/1	M/W	5:15-6:15 pm	\$54	\$67.50	7
TC33212	1/10-2/2	T/Th	4:30-5:30 pm	\$61	\$76.25	8
TC33213	1/10-2/2	T/Th	6:45-7:30 pm	\$46	\$57.50	8
TC33214	1/28-2/4	T/Th	Noon-1 pm	\$16	\$20	2
TC33221	2/6-3/1	M/W	5:15-6:15 pm	\$61	\$76.25	8
TC33222	2/7-3/2	T/Th	4:30-5:30 pm	\$61	\$76.25	8
TC33223	2/7-3/2	T/Th	6:45-7:30 pm	\$46	\$57.50	8
TC33224	2/11-3/4	S	Noon-1 pm	\$31	\$38.75	4
TC33231	3/6-3/22	M/W	5:15-6:15 pm	\$46	\$57.50	6
TC33232	3/7-3/23	T/Th	4:30-5:30 pm	\$46	\$57.50	6
TC33233	3/7-3/23	T/Th	6:45-7:30 pm	\$35	\$43.75	6
TC33234	3/11-3/25	S	Noon-1 pm	\$23	\$28.75	3
Spring Term:						
TC43211	4/3-5/3	M/W	5:15-6:15 pm	\$77	\$96.25	10
TC43212	4/4-5/4	T/Th	4:30-5:30 pm	\$77	\$96.25	10
TC43213	4/4-5/4	T/Th	6:45-7:30 pm	\$58	\$72.50	10
TC43214	4/8-5/6	S	Noon-1 pm	\$31	\$38.75	4
TC43221	5/8-6/7	M/W	5:15-6:15 pm	\$69	\$86.25	9
TC43222	5/9-6/8	T/Th	4:30-5:30 pm	\$61	\$76.25	8
TC43223	5/9-6/8	T/Th	6:45-7:30 pm	\$46	\$57.50	8
TC43224	6/3-6/10	S	Noon-1 pm	\$15	\$18.75	2

Junior Development Level 2.5-3 (Ages 10-13)

This class is taught with a game-based philosophy and will continue skill development from Level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles strategies and specialty shots. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC33311	1/9-2/1	M/W	4:30-5:30 pm	\$60	\$75	7
TC33312	1/10-2/2	T/Th	4:30-5:30 pm	\$68	\$85	8
TC33313	1/10-1/31	T	4:30-5:30 pm	\$34	\$42.50	4
TC33321	2/6-3/1	M/W	4:30-5:30 pm	\$68	\$85	8
TC33322	2/7-3/2	T/Th	4:30-5:30 pm	\$68	\$85	8
TC33323	2/7-2/28	T	4:30-5:30 pm	\$34	\$42.50	4
TC33331	3/6-3/22	M/W	4:30-5:30 pm	\$51	\$63.75	6
TC33332	3/7-3/23	T/Th	4:30-5:30 pm	\$51	\$63.75	6
TC33333	3/7-3/21	T	4:30-5:30 pm	\$26	\$32.50	3
Spring Term:						
TC43311	4/3-5/3	M/W	4:30-5:30 pm	\$85	\$106.25	10
TC43312	4/4-5/4	T/Th	4:30-5:30 pm	\$85	\$106.25	10
TC43313	4/4-5/2	T	4:30-5:30 pm	\$43	\$53.75	5
TC43321	5/8-6/7	M/W	4:30-5:30 pm	\$77	\$96.25	9
TC43322	5/9-6/8	T/Th	4:30-5:30 pm	\$68	\$85	8
TC43323	5/9-6/6	T	4:30-5:30 pm	\$43	\$53.75	5

Junior Development Match Play (Ages 10-13) Level 2-3

Athletic development skills will be practiced to start each class. Introduction to match play for players levels 2-3. Coaches will organize competitive matches amongst players. This is a good supplement to normal group lessons. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC33411	1/20-2/3	F	4:30-6 pm	\$54	\$67.50	3
TC33421	2/10-3/3	F	4:30-6 pm	\$72	\$90	4
TC33431	3/10-3/24	F	4:30-6 pm	\$54	\$67.50	3
Spring Term:						
TC43411	4/7-5/5	F	4:30-6 pm	\$53	\$66.25	4
TC43421	6/2-6/9	F	4:30-6 pm	\$27	\$33.75	2

Rookie Prep, Level 3+ (Ages 10-14)

This program is for NTRP Level 3 and 4 junior players who are interested in playing in tournaments or USTA Team Tennis. Players will learn fundamentals on all strokes, singles and doubles strategies, work ethic, teamwork, competition, match preparation and match warm-up. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC34111	1/9-1/30	M	4:30-6:30 pm	\$72	\$90	3
TC34121	2/6-2/27	M	4:30-6:30 pm	\$96	\$120	4
TC34131	3/6-3/20	M	4:30-6:30 pm	\$72	\$90	3
Spring Term:						
TC44111	4/3-5/1	M	4:30-6:30 pm	\$120	\$150	5
TC44121	5/8-6/5	M	4:30-6:30 pm	\$96	\$120	4

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Rookie Prep Match Play (Ages 10-14) Level 3+

This 90 minute class will focus on developing strategies to be used in singles and doubles match play.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC34211	1/11-2/1	W	4:30-6 pm	\$72	\$90	4
TC34221	2/8-3/1	W	4:30-6 pm	\$72	\$90	4
TC34231	3/8-3/22	W	4:30-6 pm	\$54	\$67.50	3

Spring Term:

TC44211	4/5-5/3	W	4:30-6 pm	\$90	\$112.50	5
TC44221	5/10-6/7	W	4:30-6 pm	\$90	\$112.50	5

Junior Elite Training Level 3.5 (Ages 8-14)

A tryout is required to register for this class. This class is designed for players who have previously participated in Rookie Prep and are starting to play Intermediate Level tournaments. This class will work on offensive and defensive situations along with advanced singles and doubles strategies. Our instructional staff will work with players to prepare them for tournament competition.

Winter Term:

TC34311	1/10-1/31	T	4:30-6:30 pm	\$96	\$120	4
TC34321	2/7-2/28	T	4:30-6:30 pm	\$96	\$120	4
TC34331	3/7-3/21	T	4:30-6:30 pm	\$72	\$90	3

Spring Term:

TC44311	4/4-5/2	T	4:30-6:30 pm	\$120	\$150	5
TC44321	5/9-6/6	T	4:30-6:30 pm	\$120	\$150	5

Junior Elite Match Play 3.5 (Ages 8-14)

A tryout is required to register for this class. This class is designed for players who have previously participated in Rookie Prep and are starting to play Intermediate-level tournaments. This class will work on offensive and defensive situations along with advanced singles and doubles strategies. Our instructional staff will work with players to prepare them for tournament competition.

Winter Term:

TC34411	1/12-2/2	Th	4:30-6 pm	\$72	\$90	4
TC34421	2/9-3/2	Th	4:30-6 pm	\$72	\$90	4
TC34431	3/9-3/23	Th	4:30-6 pm	\$54	\$67.50	3

Spring Term:

TC44411	4/6-5/4	Th	4:30-6 pm	\$90	\$112.50	5
TC44421	5/25-6/8	Th	4:30-6 pm	\$54	\$67.50	3



Brian's High Performance Hit Group Level 4+ (Age 8-14)

Participants should be USTA highly ranked Intermediate and Advanced-level players. Participants need to show a history of planned practice matches, fitness training, and tournament competition to be accepted into this program. Acceptance is based upon invitation only. Program time will consist of high-intense repetitive hitting and footwork drills, followed by match strategy sessions, and finish with one hour of match play. If interested, please contact Brian Loomis, bloomis@thprd.org.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC34511	1/11-2/1	W	4:30-7 pm	\$169	\$211.25	4
TC34521	2/8-3/1	W	4:30-7 pm	\$169	\$211.25	4
TC34531	3/8-3/22	W	4:30-7 pm	\$127	\$158.75	3

Spring Term:

TC44511	4/5-5/3	W	4:30-7 pm	\$211	\$263.75	5
TC44521	5/10-6/7	W	4:30-7 pm	\$211	\$263.75	5

High School Junior Development Level 1 (Ages 14-18)

Introduction to tennis. Player will learn the basic tennis skills: forehand, backhand, serve and volley.

Winter Term:

TC35111	1/9-2/1	M/W	4-5 pm	\$65	\$81.25	7
TC35121	2/6-3/1	M/W	4-5 pm	\$75	\$93.75	8
TC35131	3/6-3/22	M/W	4-5 pm	\$56	\$70	6

Spring Term:

TC45111	4/3-5/3	M/W	4-5 pm	\$93	\$116.25	10
TC45121	5/8-6/7	M/W	4-5 pm	\$84	\$105	9

High School Junior Development, Level 1.5-2 (Ages 14-18)

Emphasis on footwork to improve groundstroke mechanics and consistency in hitting the ball over the net. Continued technical development of the serve and volley. Introduction to game scoring, player positions for serving and receiving and court positioning for singles and doubles play. Instructor approval required prior to signing up for this level.

Winter Term:

TC35211	1/10-2/2	T/Th	4:15-5:15 pm	\$64	\$80	8
TC35221	2/7-3/2	T/Th	4:15-5:15 pm	\$64	\$80	8
TC35231	3/7-3/23	T/Th	4:15-5:15 pm	\$48	\$60	6

Spring Term:

TC45211	4/4-5/4	T/Th	4:15-5:15 pm	\$80	\$100	10
TC45221	5/9-6/8	T/Th	4:15-5:15 pm	\$64	\$80	8

High School Junior Development Level 2.5-3 (Ages 14-18)

Continued development of footwork, movement to all shots, singles and doubles strategies and court positioning. Introduction to approach shots, topspin and slice groundstrokes and spin serves. Instructor approval required prior to signing up for this level.

Winter Term:

TC35311	1/20-2/3	F	4-5 pm	\$24	\$30	3
TC35321	2/10-3/3	F	4-5 pm	\$32	\$40	4
TC35331	3/10-3/24	F	4-5 pm	\$24	\$30	3

Spring Term:

TC45311	4/7-5/5	F	4-5 pm	\$32	\$40	4
TC45321	6/2-6/9	F	4-5 pm	\$16	\$20	2

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Junior Development Hit Group, Level 3+ (Ages 14-18)

Instructor approval required prior to signing up for this level. This class is taught with a games-based teaching philosophy. Players will work on offensive and defensive doubles and singles strategies along with improving shot consistency and specialty shots.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC35511	1/10-2/2	T/Th	5:45-6:45 pm	\$72	\$90	8
TC35521	2/7-3/2	T/Th	5:45-6:45 pm	\$72	\$90	8
TC35531	3/7-3/23	T/Th	5:45-6:45 pm	\$54	\$67.50	6
Spring Term:						
TC45511	4/4-5/4	T/Th	5:45-6:45 pm	\$90	\$112.50	10
TC45521	5/9-6/8	T/Th	5:45-6:45 pm	\$72	\$90	8

High School Match Play, Level 2-4 (Ages 13-18)

Introduction to match play for players Levels 2-4. Coaches will organize competitive matches amongst players. This is a good supplement to normal group lessons.

Winter Term:						
TC35411	1/29-2/5	Su	3-5 pm	\$34	\$42.50	2
TC35421	2/12-3/5	Su	3-5 pm	\$69	\$86.25	4
TC35431	3/12-3/26	Su	3-5 pm	\$52	\$65	3
Spring Term:						
TC45411	4/9-5/7	Su	3-5 pm	\$80	\$100	5
TC45421	5/14-6/11	Su	3-5 pm	\$69	\$80	4

High School Prep Level 3+ (Ages 14-18)

Advanced high school program for players on their high school team or who already play at that level as incoming freshmen. Focus on high-intensity hitting, match strategy, footwork and physical conditioning and skill development.

Winter Term:						
TC34611	1/9-1/30	M	4-6 pm	\$69	\$86.25	3
TC34612	1/28-2/4	S	10 am-noon	\$46	\$57.50	2
TC34621	2/6-2/27	M	4-6 pm	\$92	\$115	4
TC34622	2/11-3/4	S	10 am-noon	\$92	\$115	4
TC34631	3/6-3/20	M	4-6 pm	\$69	\$86.25	3
TC34632	3/11-3/25	S	10 am-noon	\$69	\$86.25	3
Spring Term:						
TC44611	4/3-5/1	M	4-6 pm	\$115	\$143.75	5
TC44612	4/8-5/6	S	10 am-noon	\$92	\$115	4
TC44621	5/8-6/5	M	4-6 pm	\$92	\$115	4
TC44622	6/3-6/10	S	10 am-noon	\$46	\$57.50	2



Heavy Hitter

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High School Prep Advanced Level 4+ (Ages 14-18)

Advanced high school program for players on their high school team or who already play at that level as incoming freshmen. Focus on high-intensity hitting, match strategy, footwork and physical conditioning and skill development.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC34711	1/9-1/30	M	4-6 pm	\$69	\$86.25	3
TC34721	2/6-2/27	M	4-6 pm	\$92	\$115	4
TC34731	3/6-3/20	M	4-6 pm	\$69	\$86.25	3
Spring Term:						
TC44711	4/3-5/1	M	4-6 pm	\$115	\$143.75	5
TC44721	5/8-6/5	M	4-6 pm	\$92	\$115	4

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Adult Player Development at THPRD

General Instruction Group Lessons

Basic Skill Development
NTRP Levels 1-4

Stroking Clinics
Serve and Return
Volley/Overhead
NTRP Levels 1.5 & up

Cardio Tennis

Hit with the Pros
NTRP Levels 3-4

Teri and the Pirates
NTRP 4+

Drills & Conditioning
NTRP 3-4

Instructional Game Play

Lincoln's Drill & Play
NTRP Levels 2.5-3.5

Brian's Drill and Match Play
NTRP Levels 2-3

Advanced Hit Group
NTRP Level 4

Singles Slam
NTRP 3-3.5

Social Play

Mixed Doubles Night
NTRP 3.0-3.5 and above

Men's Night
NTRP 3.5+

Half-day Tournaments

Competitive Play

Greater Portland City League
Tennis Association
Women NTRP Levels 2.5-5

USTA
Tournament Play

Summer League
USTA League & Adult
Men/Women/Mixed

ksanford@thprd.org

jrankin@thprd.org

klomarti@thprd.org

Adult, NTRP Level 1

Introduction to tennis. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC36111	1/9-2/1	M/W	9-10:15 am	\$68	\$85	7
TC36112	1/10-2/2	T/Th	6:15-7:30 pm	\$77	\$96.25	8
TC36113	1/28-2/4	S	9-10:15 am	\$19	\$23.75	2
TC36121	2/6-3/1	M/W	9-10:15 am	\$77	\$96.25	8
TC36122	2/7-3/2	T/Th	6:15-7:30 pm	\$77	\$96.25	8
TC36123	2/11-3/4	S	9-10:15 am	\$39	\$48.75	4
TC36131	3/6-3/22	M/W	9-10:15 am	\$58	\$72.50	6
TC36132	3/7-3/23	T/Th	6:15-7:30 pm	\$58	\$72.50	6
TC36133	3/11-3/25	S	9-10:15 am	\$29	\$36.25	3
Spring Term:						
TC46111	4/3-5/3	M/W	9-10:15 am	\$97	\$121.25	10
TC46112	4/4-5/4	T/Th	6:15-7:30 pm	\$97	\$121.25	10
TC46113	4/8-5/6	S	9-10:15 am	\$39	\$48.75	4
TC46121	5/8-6/7	M/W	9-10:15 am	\$87	\$108.75	9
TC46122	5/9-6/8	T/Th	6:15-7:30 pm	\$77	\$96.25	8
TC46123	6/3-6/10	S	9-10:15 am	\$19	\$23.75	2

Adult, NTRP Level 1.5

This class will continue to develop the skills learned in NTRP Level 1. Introduction to approach shots and beginning doubles strategy. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC36211	1/9-2/1	M/W	10:45 am-noon	\$68	\$85	7
TC36212	1/10-2/2	T/Th	9-10:45 am	\$108	\$135	8
TC36213	1/11-2/1	W	6:30-8 pm	\$46	\$57.50	4
TC36214	1/12-2/2	Th	7:45-9 pm	\$39	\$48.75	4
TC36221	2/6-3/1	M/W	10:45 am-noon	\$77	\$96.25	8
TC36222	2/7-3/2	T/Th	9-10:45 am	\$108	\$135	8
TC36223	2/8-3/1	W	6:30-8 pm	\$46	\$57.50	4
TC36224	2/9-3/2	Th	7:45-9 pm	\$39	\$48.75	4
TC36231	3/6-3/22	M/W	10:45 am-noon	\$58	\$72.50	6
TC36232	3/7-3/23	T/Th	9-10:45 am	\$81	\$101.25	6
TC36233	3/8-3/22	W	6:30-8 pm	\$35	\$43.75	3
TC36234	3/9-3/23	Th	7:45-9 pm	\$29	\$36.25	3
Spring Term:						
TC46211	4/3-5/3	M/W	10:45 am-noon	\$97	\$121.25	10
TC46212	4/4-5/4	T/Th	9-10:45 am	\$135	\$168.75	10
TC46213	4/5-5/3	W	6:30-8 pm	\$58	\$72.50	5
TC46214	4/6-5/4	Th	7:45-9 pm	\$48	\$60	5
TC46221	5/8-6/7	M/W	10:45 am-noon	\$87	\$108.75	9
TC46222	5/9-6/8	T/Th	9-10:45 am	\$108	\$135	8
TC46223	5/10-6/7	W	6:30-8 pm	\$58	\$72.50	5
TC46224	5/25-6/8	Th	7:45-9 pm	\$29	\$36.25	3

Cardio Tennis Level 1.5-3

Cardio Tennis is a high-energy fitness activity that combines features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels taught by a tennis teaching professional.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC36311	1/9-1/30	M	7-8 pm	\$28	\$35	3
TC36321	2/6-2/27	M	7-8 pm	\$38	\$47.50	4
TC36331	3/6-3/20	M	7-8 pm	\$28	\$35	3
Spring Term:						
TC46311	4/3-5/1	M	7-8 pm	\$47	\$58.75	5
TC46321	5/8-6/5	M	7-8 pm	\$38	\$47.50	4

Adult NTRP Level 2

Continued development of court positioning for doubles play and review of the basics of forehand and backhand strokes, including grips, footwork and approaching the net. Introduction to ball placement, lob, doubles movement and strategy, beginning singles strategy, return of serve and overhead footwork. **Instructor approval required prior to signing up for this level.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC36411	1/9-2/1	M/W	9-10:30 am	\$81	\$101.25	7
TC36412	1/9-2/1	M/W	6:30-8 pm	\$81	\$101.25	7
TC36413	1/10-2/2	T/Th	9-10:30 am	\$92	\$115	8
TC36414	1/12-2/2	Th	6:45-8:15 pm	\$46	\$57.50	4
TC36415	1/28-2/4	S	9-10 am	\$15	\$18.75	2
TC36416	1/28-2/4	S	10:30 am-noon	\$23	\$28.75	2
TC36421	2/6-3/1	M/W	9-10:30 am	\$92	\$115	8
TC36422	2/6-3/1	M/W	6:30-8 pm	\$92	\$115	8
TC36423	2/7-3/2	T/Th	9-10:30 am	\$92	\$115	8
TC36424	2/9-3/2	Th	6:45-8:15 pm	\$46	\$57.50	4
TC36425	2/11-3/4	S	9-10 am	\$31	\$38.75	4
TC36426	2/11-3/4	S	10:30 am-noon	\$46	\$57.50	4
TC36431	3/6-3/22	M/W	9-10:30 am	\$69	\$86.25	6
TC36432	3/6-3/22	M/W	6:30-8 pm	\$69	\$86.25	6
TC36433	3/7-3/23	T/Th	9-10:30 am	\$69	\$86.25	6
TC36434	3/9-3/23	Th	6:45-8:15 pm	\$35	\$43.75	3
TC36435	3/11-3/25	S	9-10 am	\$23	\$28.75	3
TC36436	3/11-3/25	S	10:30 am-noon	\$35	\$43.75	3
Spring Term:						
TC46411	4/3-5/3	M/W	9-10:30 am	\$115	\$143.75	10
TC46412	4/3-5/3	M/W	6:30-8 pm	\$115	\$143.75	10
TC46413	4/4-5/4	T/Th	9-10:30 am	\$115	\$143.75	10
TC46414	4/6-5/4	Th	6:45-8:15 pm	\$58	\$72.50	5
TC46415	4/8-5/6	S	9-10 am	\$31	\$38.75	4
TC46416	4/8-5/6	S	10:30 am-noon	\$46	\$57.50	4
TC46421	5/8-6/7	M/W	9-10:30 am	\$104	\$130	9
TC46422	5/8-6/7	M/W	6:30-8 pm	\$104	\$130	9
TC46423	5/9-6/8	T/Th	9-10:30 am	\$92	\$115	8
TC46424	5/25-6/8	Th	6:45-8:15 pm	\$35	\$43.75	3
TC46425	6/3-6/10	S	9-10 am	\$15	\$18.75	2
TC46426	6/3-6/10	S	10:30 am-noon	\$23	\$28.75	2

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Brian's Adult Drill and Match Play Level 2-3

Players looking to participate in USTA leagues and City League are invited to get first hand experience in match play practice with Brian Loomis providing match strategy and court management advice. Multiple courts will be used. Class will cover an off-court warmup and also a proper 10 minute match warm up. Future league players and current league players may join the class.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC37311	1/9-1/30	M	12:30-1:45 pm	\$42	\$52.50	4
TC37321	2/6-2/27	M	12:30-1:45 pm	\$56	\$70	4
TC37331	3/6-3/20	M	12:30-1:45 pm	\$42	\$52.50	3
Spring Term:						
TC47311	4/3-5/1	M	12:30-1:45 pm	\$70	\$87.50	5
TC47321	5/8-6/5	M	12:30-1:45 pm	\$56	\$70	4

Adult, NTRP Level 2.5

Continued development of the skills taught in Level 2, including court positioning and sustaining a short rally of slow pace. Players will learn the serve, return of serve, volley techniques and the poach. Introduction to specialty shots including the half volley, backhand overhead and groundstrokes using topspin and slice. **Instructor approval required prior to signing up for this level.**

Winter Term:						
TC36511	1/10-2/2	T/Th	10:45 am-noon	\$77	\$96.25	8
TC36512	1/10-2/2	T/Th	6:30-8 pm	\$93	\$116.25	8
TC36513	1/11-2/1	W	9-10:45 am	\$54	\$67.50	4
TC36514	1/11-2/1	W	7:15-8:45 pm	\$46	\$57.50	4
TC36521	2/7-3/2	T/Th	10:45 am-noon	\$77	\$96.25	8
TC36522	2/7-3/2	T/Th	6:30-8 pm	\$93	\$116.25	8
TC36523	2/8-3/1	W	9-10:45 am	\$54	\$67.50	4
TC36524	2/8-3/1	W	7:15-8:45 pm	\$46	\$57.50	4
TC36531	3/7-3/23	T/Th	10:45 am-noon	\$58	\$72.50	6
TC36532	3/7-3/23	T/Th	6:30-8 pm	\$70	\$87.50	6
TC36533	3/8-3/22	W	9-10:45 am	\$41	\$51.25	3
TC36534	3/8-3/22	W	7:15-8:45 pm	\$35	\$43.75	3
Spring Term:						
TC46511	4/4-5/4	T/Th	10:45 am-noon	\$97	\$121.25	10
TC46512	4/4-5/4	T/Th	6:30-8 pm	\$116	\$145	10
TC46513	4/5-5/3	W	9-10:45 am	\$68	\$85	5
TC46514	4/5-5/3	W	7:15-8:45 pm	\$58	\$72.50	5
TC46521	5/9-6/8	T/Th	10:45 am-noon	\$77	\$96.25	8
TC46522	5/9-6/8	T/Th	6:30-8 pm	\$93	\$116.25	8
TC46523	5/10-6/7	W	9-10:45 am	\$68	\$85	5
TC46524	5/10-6/7	W	7:15-8:45 pm	\$58	\$72.50	5

Lincoln's Drill and Play NTRP Level 2.5-3.5

This 90-minute class gives you a 30-minute, fast-paced warmup and then an hour of organized match play with a pro. Level of play is NTRP 2.5-3.0.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC37411	1/10-1/31	T	7:30-9 pm	\$55	\$68.75	4
TC37412	1/12-2/2	Th	7:30-9 pm	\$55	\$68.75	4
TC37421	2/7-2/28	T	7:30-9 pm	\$55	\$68.75	4
TC37422	2/9-3/2	Th	7:30-9 pm	\$55	\$68.75	4
TC37431	3/7-3/21	T	7:30-9 pm	\$41	\$51.25	3
TC37432	3/9-3/23	Th	7:30-9 pm	\$41	\$51.25	3
Spring Term:						
TC47411	4/4-5/2	T	7:30-9 pm	\$69	\$86.25	5
TC47412	4/6-5/4	Th	7:30-9 pm	\$69	\$86.25	5
TC47421	5/9-6/6	T	7:30-9 pm	\$69	\$86.25	5
TC47422	5/25-6/8	Th	7:30-9 pm	\$41	\$51.25	3

Adult, NTRP Level 3

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive and effective net play.

Winter Term:						
TC36611	1/9-2/1	M/W	10:15-11:45 am	\$93	\$116.25	7
TC36612	1/9-1/30	M	6:30-8 pm	\$40	\$50	3
TC36613	1/10-2/2	T/Th	9-10:30 am	\$106	\$132.50	8
TC36614	1/10-2/2	T/Th	6:45-8:15 pm	\$106	\$132.50	8
TC36615	1/29-2/5	Su	10:30 am-noon	\$27	\$33.75	2
TC36621	2/6-3/1	M/W	10:15 am-noon	\$122	\$152.50	8
TC36622	2/6-2/27	M	6:30-8 pm	\$53	\$66.25	4
TC36623	2/7-3/2	T/Th	9-10:30 am	\$106	\$132.50	8
TC36624	2/7-3/2	T/Th	6:45-8:15 pm	\$106	\$132.50	8
TC36625	2/12-3/5	Su	10:30 am-noon	\$53	\$66.25	4
TC36631	3/6-3/22	M/W	10:15 am-noon	\$92	\$115	6
TC36632	3/6-3/20	M	6:30-8 pm	\$40	\$50	3
TC36633	3/7-3/23	T/Th	9-10:30 am	\$80	\$100	6
TC36634	3/7-3/23	T/Th	6:45-8:15 pm	\$80	\$100	6
TC36635	3/12-3/26	Su	10:30 am-noon	\$40	\$50	3
Spring Term:						
TC46611	4/3-5/3	M/W	10:15 am-noon	\$153	\$191.25	10
TC46612	4/3-5/1	M	6:30-8 pm	\$66	\$82.50	5
TC46613	4/4-5/4	T/Th	9-10:30 am	\$133	\$166.25	10
TC46614	4/4-5/4	T/Th	6:45-8:15 pm	\$133	\$166.25	10
TC46615	4/9-5/7	Su	10:30 am-noon	\$66	\$82.50	5
TC46621	5/8-6/7	M/W	10:15 am-noon	\$137	\$171.25	9
TC46622	5/8-6/5	M	6:30-8 pm	\$53	\$66.25	4
TC46623	5/9-6/8	T/Th	9-10:30 am	\$106	\$132.50	8
TC46624	5/9-6/8	T/Th	6:45-8:15 pm	\$106	\$132.50	8
TC46625	5/14-6/11	Su	10:30 am-noon	\$53	\$66.25	4

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Adult, NTRP Level 4

Please be aware that you must be a NTRP 4.0 level player or have instructor approval to register for this class. This is a competitive hit group that involves high intensity drills and point play. Taught with a game-based emphasis where most of the instructional points are strategic and match-play based.

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC36711	1/10-1/31	T	6:45-8:15 pm	\$75	\$93.75	4
TC36712	1/12-2/2	Th	6:15-7:45 pm	\$75	\$93.75	4
TC36721	2/7-2/28	T	6:45-8:15 pm	\$75	\$93.75	4
TC36722	2/9-3/2	Th	6:15-7:45 pm	\$75	\$93.75	4
TC36731	3/7-3/21	T	6:45-8:15 pm	\$56	\$70	3
TC36732	3/9-3/23	Th	6:15-7:45 pm	\$56	\$70	3
Spring Term:						
TC46711	4/4-5/2	T	6:45-8:15 pm	\$93	\$116.25	5
TC46712	4/6-5/4	Th	6:15-7:45 pm	\$93	\$116.25	5
TC46721	5/9-6/6	T	6:45-8:15 pm	\$93	\$116.25	5
TC46722	5/25-6/8	Th	6:15-7:45 pm	\$56	\$70	3

Adult Drills and Conditioning, NTRP Level 3-4

Challenge your fitness levels as you run through a series of cardio intensive drills. **Students must be NTRP Level 3 and above.**

Winter Term:						
TC37211	1/10-2/2	T/Th	11 am-noon	\$100	\$125	8
TC37221	2/7-3/2	T/Th	11 am-noon	\$100	\$125	8
TC37231	3/7-3/23	T/Th	11 am-noon	\$75	\$93.75	6
Spring Term:						
TC47211	4/4-5/4	T/Th	11 am-noon	\$125	\$156.25	10
TC47221	5/9-6/8	T/Th	11 am-noon	\$100	\$125	8

Adult Hit with the Pros, NTRP Level 3-4

Try out your skills while competing with the Pro. In this class the Pro participates in most of the drills, giving you different insights for your technique and court positioning.

Winter Term:						
TC37111	1/9-2/1	M/W	11 am-noon	\$88	\$110	7
TC37121	2/6-3/1	M/W	11 am-noon	\$100	\$125	8
TC37131	3/6-3/22	M/W	11 am-noon	\$75	\$93.75	6
Spring Term:						
TC47111	4/3-5/3	M/W	11 am-noon	\$125	\$156.25	10
TC47121	5/8-6/7	M/W	11 am-noon	\$113	\$141.25	9

Adult Stroking Analysis Level 1.5 +

Work on the technical portion of your game. We will cover groundstrokes, volley, the serve and return. The ball machine is used to get a lot of hitting repetition and a lot of feedback on your shots. **This class is for players NTRP level 1.5 and above.**

Class #	Dates	Days	Times	ID/AP	OD	Days
Winter Term:						
TC37511	1/29-2/5	Su	9-10:15 am	\$26	\$32.50	2
TC37521	2/12-3/5	Su	9-10:15 am	\$52	\$65	4
TC37531	3/12-3/26	Su	9-10:15 am	\$39	\$48.75	3
Spring Term:						
TC47511	4/9-5/7	Su	9-10:15 am	\$65	\$81.25	5
TC47521	5/14-6/11	Su	9-10:15 am	\$52	\$65	4

MVPs WELCOME

Get Fit Challenge

BEGINS JANUARY 8

A 16-week program to help you make healthy habits, reach your fitness goals and win prizes!

Participate for only \$10



Sign up at any THPRD center, pool or the Tualatin Hills Nature Center to get your punch card **on or before Jan. 8, 2017**. Every time you work out, you'll get a punch.

Turn in your full punch card and get a new one. Each full punch card is another chance to win great prizes!

Register in person at any THPRD facility or visit thprd.org/get-fit

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