Babette Horenstein
Tennis Center

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

TriMet Bus Routes: #67, 59

Facility Supervisor: Brian Leahy

Winter Term: Jan. 1-Mar. 29, 2020
Spring Term: Mar. 30-June 14, 2020

Building Hours:
Monday-Thursday 8 am-10 pm
Friday 8 am-9 pm
Saturday & Sunday 8 am-8 pm

Office Hours:
Monday-Thursday 8:30 am-9 pm
Friday 8:30 am-8 pm
Saturday & Sunday 8:30 am-7 pm

No-class days: 1/20, 2/17, 4/17, 4/18, 5/14, 5/21

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 $2.75 for those not playing tennis. Supply your own towel. 5-minute maximum

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

Play Tennis in the Parks
THPRD maintains 108 tennis courts at 35 park sites throughout our community. For specific locations, see page 167 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.

For pickleball rentals, call the Babette Horenstein Tennis Center front desk.

THPRD VOLUNTEERS!
For volunteer opportunities, email Jim Rankin, jrankin@thprd.org or call 503-619-3924.

THPRD is a Net Generation USTA provider, a member of Tennis Industry Association, and a National Recreation & Park Association Tennis in the Parks member.

BodyPump Launch and Anniversary Party
Garden Home Recreation Center
Saturday, January 18 • 9-10:30 am

International Yoga Day!
Save the Date
Sunday, June 21

TennisCenter
**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 two courts for up to two hours except M-F, 6-9 pm. Two courts for up to 1½ hrs.**
- **Payments accepted include cash, check, THPRD gift card or credit card, with a token (in person - VISA, MasterCard or Discover).**
- **Full refund if cancelled at least two days prior.**
- **Outdoor courts may be reserved two days in advance. 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:** $20/hour adult, $18/hour senior, $18/hour military
  - **Out-of-district:** $25/hour no assessment, $20/hour AP (assessment paid)

**Non-Prime hours:**

- Monday-Friday, 8-9 am, 1-3 pm
- **In-district:** $15/hour, $13.50/hour senior and military
- **Out-of-district:** $18.75/hour no assessment, $15/hour AP (assessment paid).
- Non-prime does not apply on holidays.

**Outdoor Courts**

- **In-district:** $10/hour adult, $9/hour senior, $9/hour military
- **Out-of-district:** $12.50/hour no assessment, $10/hour AP (assessment paid)

Due to the wide variety of programs we offer, we cannot guarantee court assignments, only court reservations. Tiered pricing available for multiple outdoor court rentals.

Call for more information.

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**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 $56/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 Rocky Krieger at rkrieger@thprd.org with “private lesson” in the subject line.

*Based on instructor availability.

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**Outdoor Neighborhood Tennis & Pickleball Courts**

- **Barsotti Park (60’ youth court)**
  - 16570 SW Blount St
- **Camille Park East and West**
  - Access at W end of SW Marjorie, S end of SW 105th Ave
- **Cedar Mill Park**
  - 10385 NW Cornell Rd, W of NW 102nd Ave
- **Cedar Park School**
  - 11100 SW Park Way & SW Cedar Hills Blvd
- **Cedar Hills Park**
  - 2300 SW Cedar Hills Blvd., N of SW Walker Road
- **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 Leathy Rd
- **Mt View Champions Park**
  - 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 Pickleball
- **Ridgcrest Park**
  - Access off SW Cresmoor, W of SW Hillcrest, off SW Hall Blvd
- **Ridgewood View Park**
  - NE and SE corners of Hwy 217 & SW Meade- includes 2 pickleball court lines
- **Rock Creek Landing**
  - NE corner of NW Cornelius Pass Rd & NW Rock Creek Blvd- includes 2 pickleball court lines
- **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

P Pickleball

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.

THPRD Junior Player Development

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<thead>
<tr>
<th>Age</th>
<th>Color</th>
<th>Racket:</th>
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<tbody>
<tr>
<td>Tiny Tot</td>
<td>4-6</td>
<td>Up to 21&quot;</td>
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<tr>
<td>8 &amp; Under</td>
<td>6-8</td>
<td>Up to 21&quot;</td>
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<td>Junior Development</td>
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<tr>
<td>High School</td>
<td>13+</td>
<td>25&quot;+</td>
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<tr>
<td>Advanced Jr. Training</td>
<td>8-12</td>
<td>25&quot;+</td>
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More info:
- Scott Allen
  - sallen@thprd.org
- Katherine Lomartire
  - klomarti@thprd.org
- Teri Hartshorn
  - thartsho@thprd.org
- Teri Hartshorn
  - thartsho@thprd.org
- Lincoln Israel
  - cisrael@thprd.org
- Brian Loomis
  - bloomis@thprd.org
### Tiny Tot Intro to Tennis

Class time is split between the development of tennis specific coordination and motor skills, and development of racquet handling and ground strokes.

<table>
<thead>
<tr>
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### Tiny Tot Beginner Tennis (Ages 5-6 years)

Development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls. Instructor approval required for next level.

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### Tiny Tot Advanced Tennis (Ages 5-6 years)

Continued development of coordination and motor skills with an emphasis on racquet handling and stroke production by hitting tennis balls. Instructor approval required.

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### Spring Term:

- Tiny Tot Intro to Tennis
- Tiny Tot Beginner Tennis (Ages 5-6 years)
- Tiny Tot Advanced Tennis (Ages 5-6 years)

#### 8 and Under Tennis Level 1 (Red Ball) Ages 6 to 8

Learn the basic tennis skills: forehand and backhands, volleys, overhead and serve. This class is taught using red compression tennis balls. Instructor approval required for next level.

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### BodyPump Launch and Anniversary Party

Garden Home Recreation Center  
Saturday, January 18 • 9-10:30 am

#### Fitness Challenge 2020

**GetFit 2020 Fitness Challenge** – the fun begins January 11!

Participants receive a t-shirt and stamp card at the beginning of the challenge. Each activity you participate in earns you a stamp. Completed stamp cards are entered into a random drawing to win a One Year Deluxe Pass!

**Register Fit2020** $15 per person

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid).
8 and Under Tennis Level 1.5 (Orange Ball) Ages 6 to 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. Introduction to game scoring. Class is taught on a 60-foot court with orange compression balls.

Instructor approval required prior to signing up for this level.

Winter Term:
TC31611 1/6-1/29 M/W 4:15-5 pm $76 $95 7
TC31612 1/7-1/30 T/Th 4:15-5 pm $87 $108.75 8

Spring Term:
TC41611 3/30-4/22 M/W 4:15-5 pm $87 $108.75 8

8 and Under Tennis Level 2 (Orange Ball) Ages 6 to 8

Continued skill development of hitting from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught with orange compression balls. Instructor approval required prior to signing up for this level.

Winter Term:
TC31621 3/30-4/22 M/W 4:15-5 pm $87 $108.75 8
TC31622 4/27-5/19 T/Th 3:30-4:15 pm $65 $81.25 6

Spring Term:
TC41621 5/27-6/13 S 12:15-1 pm $65 $81.25 6

Fitness in the Park

Fitness in the Park is a districtwide program offering a variety of family-friendly workouts throughout the Beaverton area starting on June 6, look for details soon at www.thprd.org.

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

10 and Under Tennis Level 1.5 (Orange Ball) Ages 8 to 10
Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

Winter Term:
- TC32011 1/6-1/29 M/W 4:15-5 pm $76 $95 7
- TC32013 1/11-1/28 M/W 4:15-5 pm $87 $108.75 6
- TC32021 2/3-2/26 M/W 4:15-5 pm $76 $95 7
- TC32031 2/27-3/14 S 12:15-1 pm $65 $81.25 6

Spring Term:
- TC42011 3/3-3/19 M/W 4:15-5 pm $87 $108.75 7
- TC42021 3/28-4/13 F 12:15-1 pm $40 $50 3
- TC42023 3/28-4/13 S 12:15-1 pm $40 $50 3
- TC42032 3/28-4/13 F 12:15-1 pm $40 $50 3

10 and Under Tennis Level 2 (Orange Ball) Age 8 to 10
Continued development of hitting ball from a stationary position and while moving to the ball. Player will develop volley skills and awareness of court positioning for both singles and doubles play. Students will be introduced to game scoring along with an emphasis on rallying in different scenarios. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

Winter Term:
- TC32011 1/6-1/29 M/W 4:15-5 pm $76 $95 7
- TC32021 2/3-2/26 M/W 4:15-5 pm $76 $95 7
- TC32031 2/27-3/14 S 12:15-1 pm $65 $81.25 6

Spring Term:
- TC42011 3/3-3/19 M/W 4:15-5 pm $87 $108.75 7
- TC42023 3/28-4/13 S 12:15-1 pm $65 $81.25 6

10 and Under Tennis Match Play Level 2+ (Green Ball) Ages 8 to 10
The emphasis of this class for level 2 and up is to get players into match play scenarios. Players will use a combination of orange and green compression balls while playing on a 60 foot court.

Winter Term:
- TC32311 1/7-1/30 T/Th 3:30-4:15 pm $87 $108.75 8
- TC32321 2/4-2/27 T/Th 3:30-4:15 pm $87 $108.75 8
- TC32331 3/3-3/19 T/Th 3:30-4:15 pm $65 $81.25 6

Spring Term:
- TC42311 3/31-4/3 T/Th 3:30-4:15 pm $87 $108.75 8
- TC42321 4/28-5/19 T/Th 3:30-4:15 pm $87 $108.75 8

10 and Under Tennis Level 2.5 (Orange Ball) Ages 8 to 10
This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and specialty shots. Class is taught using orange compression balls. Instructor approval required prior to signing up for this level.

Winter Term:
- TC32311 1/7-1/30 T/Th 3:30-4:15 pm $87 $108.75 8

Spring Term:
- TC42311 3/31-4/3 T/Th 3:30-4:15 pm $87 $108.75 8

Junior Development Tennis Level 1 (Orange Ball) Ages 10 to 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 orange compression balls. Instructor approval required for next level.

Winter Term:
- TC32411 1/6-1/29 M/W 5:20-6:20 pm $93 $116.25 7
- TC32421 1/11-1/28 S 10:45-11:45 am $53 $66.25 4
- TC32431 1/31-2/27 T/Th 3:30-4:15 pm $93 $116.25 7

Spring Term:
- TC42411 1/6-1/29 M/W 5:20-6:20 pm $93 $116.25 7
- TC42421 1/11-1/28 S 10:45-11:45 am $53 $66.25 4
- TC42431 1/31-2/27 T/Th 3:30-4:15 pm $93 $116.25 7

Walk with Me
Walk with Me, Wednesdays starting June 3 at 9:30am. Join a THPRD fitness instructor at the trailhead and enjoy a walk on THPRD trails and surrounding area:
- June 3 Cooper Mountain
- June 10 Nature Park
- June 17 Barrows Park
- June 24 Rock Creek Triangle
- July 1 Fenno Creek Trail
- July 8 Hanson Ridge Park
- July 15 Willow Creek Greenway
- July 22 Cedar Mill Trail
### Junior Development Tennis Level 1.5 (Orange Ball) Age 10 to 13

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<tr>
<th>Class #</th>
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<th>Days</th>
<th>Times</th>
<th>ID/AP</th>
<th>OD</th>
<th>Wks</th>
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<tbody>
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**Winter Term:**

**Spring Term:**

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### Junior Development Tennis Level 2 (Orange Ball) Age 10 to 13

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### Junior Development Tennis Level 2.5 (Green Ball) Age 10 to 13

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### Junior Development Tennis Level 3 (Yellow Ball) Age 10 to 13

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**Winter Term:**

**Spring Term:**

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### Junior Development Tennis Match Play Level 2+ (Yellow Ball) Age 10 to 13

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**Winter Term:**

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Family Fitness Day
Saturday, June 6

**Family Fitness Day:** Grab your helmet and bring your bike for a guided bike ride along Fanno Creek Trail.
### Family Tennis (Ages 9-13)

<table>
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<th>Times</th>
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#### Winter Term:
- **High School Tennis Level 2 (Orange Ball) Ages 14 to 18**
  - This class is for players who are currently on their high school team or are aspiring to play on their high school team for the first time. Focus on technique, point play, and singles and doubles strategies. Tennis specific fitness training is included. Suggested to register for Match Play class as a supplement.

#### Spring Term:
- **High School Tennis Level 2.5 (Green Ball) Age 14 to 18**
  - This class is taught with an emphasis on point play and rallying while continuing to develop the skills from level 2. Players work on shot consistency, offensive and defensive shots, doubles and singles movement and strategy. Class is taught using green compression balls. Instructor approval required prior to signing up for this level.

#### High School Prep Level 3+ (Ages 14 to 18)
- This class is for players who have a class level of 3+. Focus on hitting, match strategy, footwork, and tennis specific fitness training. Suggested to register for Match Play class as a supplement.

### Advanced Junior Tennis Training Level 3+ (Yellow Ball) Ages 10 to 14

This class is for Level 3-4 players who have an interest in playing tournaments and eventually playing high school tennis. This class will focus on offensive and defensive match play situations. Advanced singles and doubles match strategies will be taught. Tennis specific fitness is included. During the class session there will be a parent/player meeting TBD. Suggested to register for the Match Play class as a supplement.

#### Winter Term:
- **High School Tennis Level 1 (Orange Ball) Ages 14 to 18**
  - This class is designed for family play, one child and one adult. The child should be a beginner, level 1-2. The adult and child will develop their basic tennis skills: groundstrokes, volleys, overheads and serves. Price includes one child and one adult.

#### Spring Term:
- **Advanced High Junior Tennis Training Level 4+ (Ages 14-18)**
  - This class is for players on their high school team who have a class level of 4+. Focus on high intensity hitting, match strategy, footwork, and tennis specific fitness training. Suggested to register for the Match Play class as a supplement.

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

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**Tualatin Hills Park & Recreation District**

Winter/Spring 2020 Activities Guide

www.thprd.org
High School Match Play (Ages 14-18)

<table>
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<tr>
<th>Class #</th>
<th>Dates</th>
<th>Days</th>
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**Spring Term:**
- TC43611 4/5-4/26 Su 3-5 pm $106 $132.50 4
- TC43621 5/3-5/17 Su 3-5 pm $80 $100 3
- TC43631 5/31-6/14 Su 3-5 pm $80 $100 3

Adult Introduction to Tennis

Introduction to tennis. For adults with no prior play experience and class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring. Instructor approval required for next level.

**Winter Term:**
- TC33811 1/11-1/29 M/W 9-10:15 am $90 $112.50 7
- TC33812 1/11-1/29 M/W 7:30-8:30 pm $76 $95 7
- TC33813 1/7-1/28 T 6:45-8 pm $51 $63.75 4
- TC33814 1/9-1/30 Th 10:45 am-Noon $51 $63.75 4
- TC33815 1/11-2/1 S 9-10:15 am $51 $63.75 4
- TC33821 2/2-2/26 M/W 9-10:15 am $90 $112.50 7
- TC33822 2/3-2/26 M/W 7:30-8:30 pm $76 $95 7
- TC33823 2/4-2/25 T 6:45-8 pm $51 $63.75 4
- TC33824 2/6-2/27 Th 10:45 am-Noon $51 $63.75 4
- TC33825 2/8-2/29 S 9-10:15 am $51 $63.75 4
- TC33831 3/2-3/18 M/W 9-10:15 am $77 $96.25 6
- TC33832 3/2-3/18 M/W 7:30-8:30 pm $65 $81.25 6
- TC33833 3/3-3/17 T 6:45-8 pm $39 $48.75 3
- TC33834 3/5-3/19 Th 10:45 am-Noon $39 $48.75 3
- TC33835 3/7-3/21 S 9-10:15 am $39 $48.75 3

**Spring Term:**
- TC43811 3/30-4/22 M/W 9-10:15 am $103 $128.75 8
- TC43812 3/30-4/22 M/W 7:30-8:30 pm $87 $108.75 8
- TC43813 3/31-4/21 T 6:45-8 pm $51 $63.75 4
- TC43814 4/2-4/23 Th 10:45 am-Noon $51 $63.75 4
- TC43815 4/4-4/25 S 9-10:15 am $39 $48.75 3
- TC43821 4/27-5/20 M/W 9-10:15 am $103 $128.75 8
- TC43822 4/27-5/20 M/W 7:30-8:30 pm $87 $108.75 8
- TC43823 4/28-5/19 T 6:45-8 pm $51 $63.75 4
- TC43824 4/30-5/7 Th 10:45 am-Noon $26 $32.50 2
- TC43825 5/2-5/9 S 9-10:15 am $26 $32.50 2
- TC43831 5/27-6/10 M/W 9-10:15 am $64 $80 5
- TC43832 5/27-6/10 M/W 7:30-8:30 pm $55 $68.75 5
- TC43833 5/26-6/9 T 6:45-8 pm $39 $48.75 3
- TC43834 5/28-6/11 Th 10:45 am-Noon $39 $48.75 3
- TC43835 5/30-6/13 S 9-10:15 am $39 $48.75 3

Adult NTRP Level 1

Introduction to tennis. For beginners and players with no prior class instruction. This class will cover the tennis basics: forehand and backhand groundstrokes, volleys, overheads and serves, along with player court positioning and game scoring. Instructor approval required for next level.

**Winter Term:**
- TC33911 1/6-1/29 M/W 9-10:15 am $90 $112.50 7
- TC33912 1/6-1/29 M/W 7:30-8:30 pm $76 $95 7
- TC33913 1/7-1/28 T 6:45-8 pm $51 $63.75 4
- TC33914 1/9-1/30 Th 10:45 am-Noon $51 $63.75 4
- TC33915 1/11-2/1 S 9-10:15 am $51 $63.75 4
- TC33921 2/2-2/26 M/W 9-10:15 am $90 $112.50 7
- TC33922 2/3-2/26 M/W 7:30-8:30 pm $76 $95 7
- TC33923 2/4-2/25 T 6:45-8 pm $51 $63.75 4
- TC33924 2/6-2/27 Th 10:45 am-Noon $51 $63.75 4
- TC33925 2/8-2/29 S 9-10:15 am $51 $63.75 4
- TC33931 3/3-3/17 T 6:45-8 pm $39 $48.75 3
- TC33932 3/5-3/19 Th 10:45 am-Noon $39 $48.75 3
- TC33935 3/7-3/21 S 9-10:15 am $39 $48.75 3

**Spring Term:**
- TC43811 3/30-4/22 M/W 9-10:15 am $103 $128.75 8
- TC43812 3/30-4/22 M/W 7:30-8:30 pm $87 $108.75 8
- TC43813 3/31-4/21 T 6:45-8 pm $51 $63.75 4
- TC43814 4/2-4/23 Th 10:45 am-Noon $51 $63.75 4
- TC43815 4/4-4/25 S 9-10:15 am $39 $48.75 3
- TC43821 4/27-5/20 M/W 9-10:15 am $103 $128.75 8
- TC43822 4/27-5/20 M/W 7:30-8:30 pm $87 $108.75 8
- TC43823 4/28-5/19 T 6:45-8 pm $51 $63.75 4
- TC43824 4/30-5/7 Th 10:45 am-Noon $26 $32.50 2
- TC43825 5/2-5/9 S 9-10:15 am $26 $32.50 2
- TC43831 5/27-6/10 M/W 9-10:15 am $64 $80 5
- TC43832 5/27-6/10 M/W 7:30-8:30 pm $55 $68.75 5
- TC43833 5/26-6/9 T 6:45-8 pm $39 $48.75 3
- TC43834 5/28-6/11 Th 10:45 am-Noon $39 $48.75 3
- TC43835 5/30-6/13 S 9-10:15 am $39 $48.75 3

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

**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

thartsho@thprd.org  jrankin@thprd.org  kломarti@thprd.org
BodyPump Launch and Anniversary Party
Garden Home Recreation Center
Saturday, January 18 • 9:10-10:30 am

International Yoga Day!
Save the Date
Sunday, June 21
### Adult Tennis NTRP Level 2.5

<table>
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**Winter Term:**
TC34211 1/10-1/31 F 10-11:30 am $59 $73.75 4
TC34221 2/7-2/28 F 10-11:30 am $59 $73.75 4
TC34231 3/6-3/20 F 10-11:30 am $44 $55 3

**Spring Term:**
TC44111 4/3-4/24 F 10-11:30 am $44 $55 3
TC44121 5/1-5/8 F 10-11:30 am $30 $37.50 2
TC44131 5/29-6/12 F 10-11:30 am $44 $55 3

**Adult Tennis NTRP Level 2.5**

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.

**Winter Term:**
TC34411 1/6-1/29 M/W 9-10:30 am $104 $130 7
TC34412 1/7-1/30 T/Th 10-11:30 am $104 $130 7
TC34413 1/7-1/28 T 7:30-8:40 pm $44 $55 4
TC34414 1/8-1/29 W 6:45-8:15 pm $59 $73.75 4
TC34415 1/8-1/30 Th 6:45-8:15 pm $59 $73.75 4
TC34421 2/3-2/26 M/W 9-10:30 am $104 $130 7
TC34422 2/4-2/27 T/Th 10-11:30 am $104 $130 7
TC34423 2/4-2/25 T 7:40-8:40 pm $44 $55 4
TC34424 2/5-2/26 W 6:45-8:15 pm $59 $73.75 4
TC34425 2/6-2/27 Th 6:45-8:15 pm $59 $73.75 4
TC34431 3/3-3/18 M/W 9-10:30 am $99 $111.25 6
TC34432 3/3-3/19 T/Th 10-11:30 am $77 $96.25 6
TC34433 3/3-3/17 T 7:30-8:30 pm $33 $41.25 3
TC34434 3/4-3/18 W 6:30-8 pm $44 $55 3
TC34435 3/5-3/19 Th 6:30-8 pm $44 $55 3

**Spring Term:**
TC44631 3/3-3/19 T 7:30-8 pm $44 $55 3
TC44621 3/2-3/16 M 12:15-1:45 pm $44 $55 3

**Lincoln’s Drill and Play NTRP Level 3-3.5**

This 90-minute class gives you a 30-minute, fast-paced warmup followed by an hour of organized match play with a pro. Level of play is NTRP 3.0-3.5.

**Winter Term:**
TC34511 1/9-1/30 Th 7:30-9 pm $59 $73.75 4
TC34521 2/6-2/27 Th 7:30-9 pm $59 $73.75 4
TC34532 3/5-3/19 Th 7:30-9 pm $44 $55 3

**Spring Term:**
TC44612 4/2-4/23 Th 7:30-9 pm $59 $73.75 4
TC44622 4/30-5/7 Th 7:30-9 pm $30 $37.50 2
TC44632 5/26-6/11 Th 7:30-9 pm $48 $60 3

**Adult Tennis NTRP Level 3**

This class will further develop the use of topspin and slice groundstrokes and their role in tennis strategy. Development of aggressive play at the net as well as singles and doubles strategies. Instructor approval required prior to signing up for this level.

**Winter Term:**
TC34711 1/6-1/29 M/W 10-11:30 am $138 $172.50 7
TC34712 1/6-1/27 M 6:45-8:15 pm $59 $73.75 3
TC34713 1/7-1/30 T/Th 9-10:30 am $158 $197.50 8
TC34714 1/7-1/30 T/Th 6:45-8:15 pm $59 $73.75 8
TC34715 1/12-2/2 Su 10-11:30 am $138 $172.50 7
TC34721 2/3-2/26 M/W 10-11:30 am $138 $172.50 7
TC34722 2/3-2/24 M 6:45-8:15 pm $59 $73.75 3
TC34723 2/4-2/27 T/Th 9-10:30 am $158 $197.50 8
TC34724 2/4-2/27 T/Th 6:45-8:15 pm $59 $73.75 8
TC34725 2/9-3/1 Su 10-11:30 am $79 $98.75 4

**Fees:** ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid).
Adult Tennis NTRP Level 3 (continued)

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Adult Tennis NTRP Level 3.5

This class will further develop singles and doubles strategies as well as develop varied shot selection for different situations. Instructor approval required prior to signing up for this level.

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Spring Term:

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Adult Drills and Conditioning NTRP Level 3+

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

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Adult Tennis NTRP Level 4

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.

<table>
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<th>Class #</th>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>ID/AP</th>
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Private Tennis Instruction

Improve your technical skills and game strategies with private instruction. Individual or group private lessons are available. Call the Tennis Center to schedule.

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