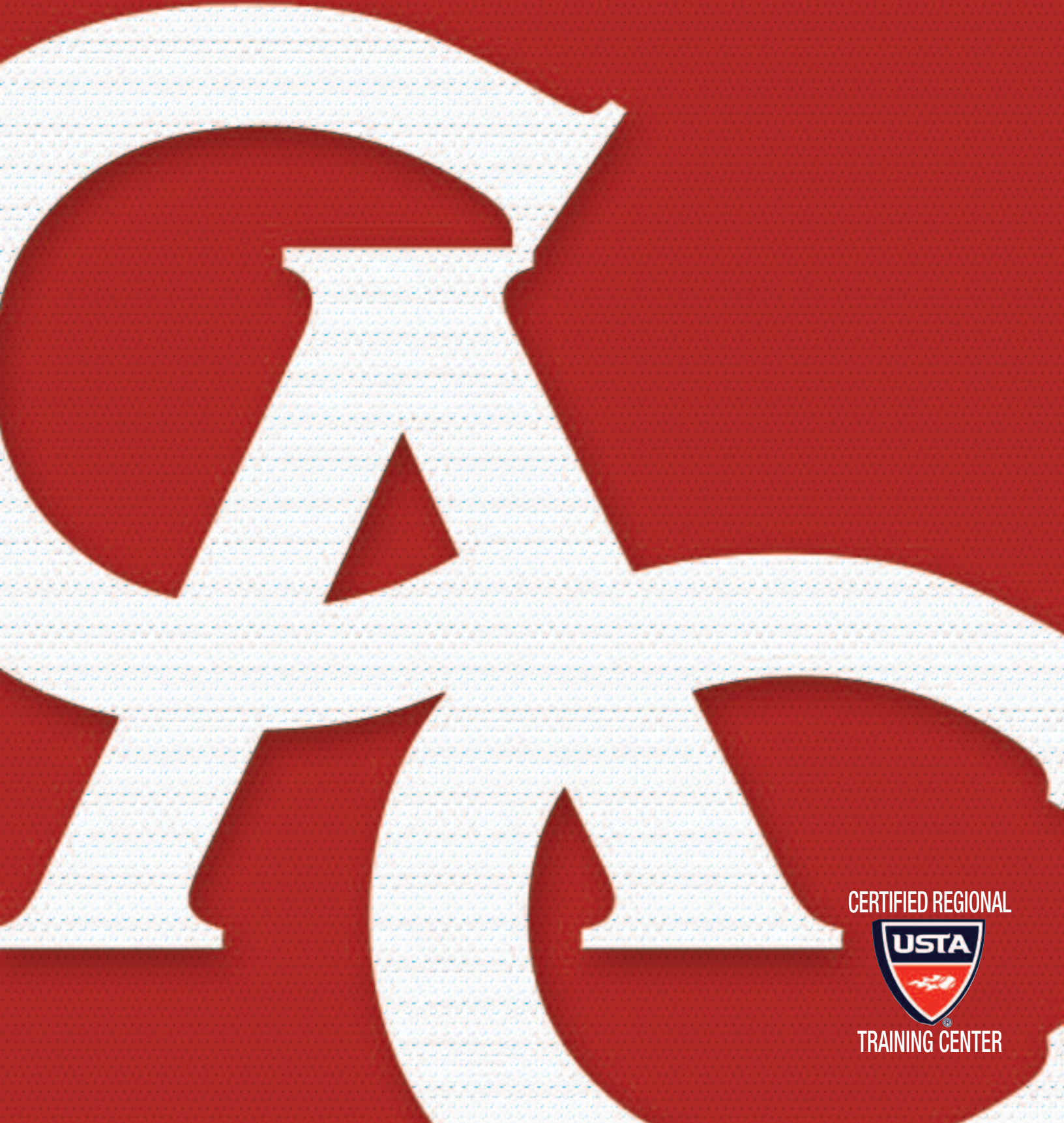


CAC MARLBORO ADULT TENNIS PROGRAMS



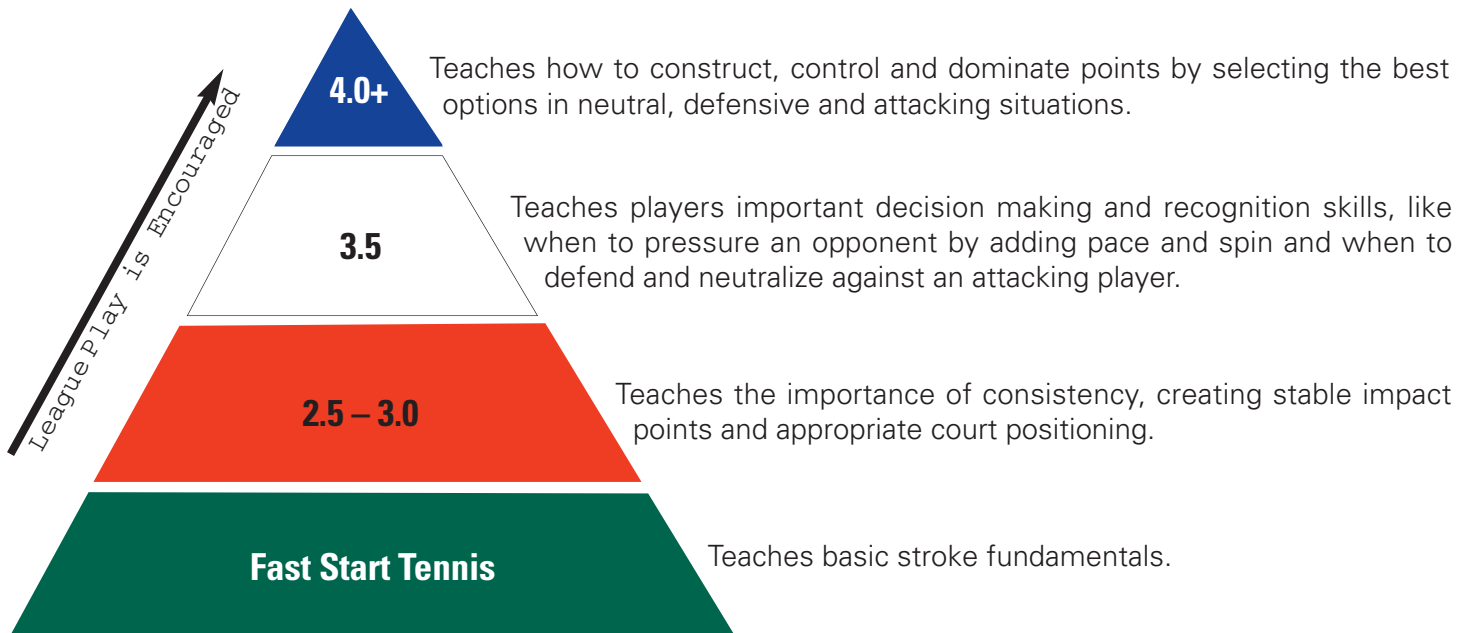
CERTIFIED REGIONAL



TRAINING CENTER

Centercourt Adult Development Pathway

At Centercourt Athletic Club, our instructional programs are based on a unique developmental pathway. As a USTA Certified Regional Training Center, we know the importance of both teaching and learning progressions. Our programs follow many steps which help players build on a solid tennis foundation and succeed in an effective and efficient manner.



Fast Start Tennis

Fast Start is specifically designed for the player new to the game. This program provides a comprehensive and focused emphasis on teaching the basic stroke fundamentals in a fun and controlled environment. Our professional staff uses a series of progressions and a game-based approach that will improve a player's technical and tactical skill set. At the end of the program, players will know:

- the basic rules
- score keeping
- appropriate skills needed to play the game of tennis

Competitive Tennis Clinics

Competitive Tennis Clinics: ▲ (2.5-3.0) USTA

This program exposes players to a variety of common tennis situations. The goals of this program will be to help players:

- Maintain consistency on different types of serves, groundstrokes, volleys and overheads
- Create stable impact points
- Control the ball's direction, height and distance
- Begin the development of an all-court game style by using space laterally and up and back

Competitive Tennis Clinics: △ (3.5) USTA

This program exposes players to a variety of common tennis situations. The goals of this program will be to help players:

- Pressure an opponent by adding pace to appropriate shots with improved mechanics
- Move an opponent around by controlling the ball's direction and trajectory through spin
- Receive shots with pace and neutralize opponents
- Cover the court more effectively to maintain consistency while being moved and challenged
- Recognize when it is appropriate to defend, neutralize or go on the offense to further develop all aspects of an all-court game

Competitive Tennis Clinics: ▲ (4.0+) USTA

This program exposes players to a variety of common tennis situations. The goals of this program will be to help players:

- Dominate by improved control of trajectory and speed
- Improve mechanics
- Construct points from the serve by selecting the best options in neutral, defensive and attacking situations
- Construct points from the return by selecting the best options in neutral, defensive and attacking situations

Men's Competitive Tennis

These clinics feature an energetic drill and game based environment for the player that has dependable serve and rally skills. This program features:

- Continued stroke development and refinement
- Important decision making and recognition skills
- Situational drills
- Competitive match play

A weekly commitment is not required to participate, however you must sign-up 24 hours in advance to attend.

Complimentary Evaluations are available

For an evaluation please contact the Club at marlboro@centercourtclub.com or 732-965-1065.



Cardio Tennis

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise.

- The ultimate, full body, calorie burning aerobic workout
- A social and fun class for players of all ability levels

CAC Leagues and Round Robins

Women's Competitive Leagues

These in-club playing leagues allow you to meet and enjoy match play with others on your level. We will set the weekly schedule and rotation so that all matches offer a competitive and rewarding challenge.

CAC Ladies Round Robin

Sign up for our weekly Round Robin tournaments that offer friendly competition with other players in the Club. Lunch will be provided.

USTA Leagues

We'll be fielding Men's and Women's USTA teams, on different NTRP levels. Please email the Club at marlboro@centercourtclub.com if you're interested.

Centercourt Terms of Enrollment:

- Full payment is due upon registration
- Partial refunds are given only in the event of extended illness or exceptional family emergency
- No allowance or refund will be made once session has begun
- Make-up policy: No more than two (2) make-ups allowed per session.

Contact us via email at *least 48 hours in advance* of class with student name, class name and time, and consideration will be provided



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