

ATKINS TENNIS CENTER 2021 FALL INDOOR PROGRAMS



SCHEDULE

Monday:

10am-11:30am—Extreme Cardio Tennis
5:30pm-6:30pm—Little Illini (ages 5-9)
5:30pm-7pm—Juniors (ages 10-14)
6:30pm-8:30pm—High School Competitive
7pm-8:30pm—Twilight Doubles

Tuesday:

12pm-1:30pm—Lunch Time Workout
5:30pm-7pm—Juniors (ages 10-14)
5:30pm-7:30pm—Tournament Elite
7pm-8:30pm—Adult Game Night

Wednesday:

9am-10:30am—Extreme Cardio Tennis
5:30pm-6:30pm—Little Illini (ages 5-9)
5:30pm-7pm—Juniors (ages 10-14)
6:30pm-8:30pm—High School Competitive
5:30pm-7pm—Adult 1 & 2 Instructional
7pm-8:30pm—Intermediate Co-ed

Thursday:

12pm-1:30pm—Dynamic Doubles
5:30pm-7pm—Juniors (ages 10-14)
5:30pm-7:30pm—Tournament Elite
7pm-8:30pm—Doubles! Doubles! Doubles!

Friday:

12-1:30pm —Boot Camp

DROP IN CLINICS

Session I - Sept. 5—Oct .16
Session II—Oct .17-Dec. 18
(NO CLASSES Nov 21-27)

For latest updates:

AtkinsTennisCenter.com

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Atkins Tennis Center



JUNIOR CLINICS

Little Illini (Ages 5-9) (\$16)

This clinic is designed to promote fun and success for our youngest players by utilizing lower bounce compression balls (Red and Orange), smaller racquets, and shorter courts (36' and 60' courts). Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns and fitness as well as teamwork, sportsmanship and court etiquette. Participants will be split into groups based on age and ability level for maximum player development.

Junior (Ages 10-14) (\$24)

This clinic incorporates instructional drills, games, and match play as well as cross training activities. The class will focus on stroke and technique development as well as singles and doubles strategy. Players eligible for this class are age 10-14. Participants will be split into groups based on age and ability level for maximum player development.

High School Competitive (\$30)

Players in this class compete in high school tennis or are joining their respective high school teams. Players are striving to play high in the lineup of their high school team and/or looking to get into USTA tournament play. This class will continue to develop strokes and techniques including varying spins and accuracy toward targets. Emphasis on Singles and Doubles Matchplay will also be a priority.

Tournament Elite (\$30)

Players regularly compete in USTA tournaments and/or play at a high level on their respective High School varsity team. Training will focus on continued stroke development as well as match strategy, competition, mental toughness, physical fitness, and tournament/matchplay preparation. Drills will emphasize dynamic movements, conditioning, and agility necessary for high level play..

ADULT CLINICS

Extreme Cardio Tennis (\$20)

90 minutes of tennis and conditioning while playing fun and competitive drill games. Extreme Cardio tennis is designed for players looking to get the ultimate workout! Best suited for players with an NTRP rating of 2.5-3.5.

Twilight Doubles (\$24)

This clinic is designed for men and women who possess an NTRP rating of 3.5-4.5. This fast paced, high intensity clinic will emphasize doubles strategy and positioning through a variety of drills and games.

Lunch Time Workout (\$20)

High energy singles and doubles drilling/games designed for adult players of all levels.

Adult Game Night (\$24)

This clinic is designed for men and women of all ability levels looking to have a good time with unique games and drills. A wide variety of active and fun drills implementing singles, doubles and even triples strategy!

Dynamic Doubles (\$20)

This clinic is designed for men and women looking to improve their doubles play in a fast paced, high intensity drill setting. Best suited for players with an NTRP rating of 3.0-4.0.

Boot Camp (\$20)

Atkins' most intense adult clinic features conditioning and tennis drills. Participants can expect a high energy and physically challenging drill session. Best suited for players with an NTRP rating of 3.0-4.5.

Intermediate Co-Ed Night (\$24)

This clinic is designed for men and women who possess an NTRP rating of 3.0-4.0. This moderately paced drill will emphasize doubles and singles strategy and technical development of strokes.

Doubles! Doubles! Doubles! (\$24)

Doubles Drilling and games for adult players of all levels.

Adult 1 & 2 Instructional (\$24)

This clinic is designed for players who are new to the game and lack consistency and directional control. Players in this clinic possess an NTRP rating of 1.5-2.5. The program is developed in conjunction with the USTA initiatives and emphasizes basic fundamentals and stroke development.

Atkins Tennis Center
1751 S. Goodwin Ave.
Urbana, IL 61801
217-244-8562

REGISTER FOR DROP IN CLINICS at Atkins.ClubAutomation.com / Questions: bdlenfer@illinois.edu

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PRIVATE LESSONS

Private Instruction *(multiple instructors available)*

Private lessons are offered to adults and juniors of any level. Content covered during the lesson is based on the player's request and may include technical improvements, singles or doubles strategy, or simply a hitting lesson. Call (217) 300-3411 or email bdlenfer@illinois.edu for more information or to schedule a private lesson. (Rates range from \$52-\$70/hr)

HOW TO REGISTER FOR COURTS/CLINICS

REGISTER FOR PUBLIC COURT RESERVATIONS and CLINICS at [Atkins.ClubAutomation.com](https://www.atkinsclubautomation.com)

(NO IN PERSON REGISTRATION AVAILABLE)

If it is your first time, go to the "access my account" tab to create a new account

COURT RESERVATIONS

TO REGISTER:

Once logged in, then go to "Reserve a Court" on the left side tabs

To make a reservation, select date and amount of time you want to play and hit search to bring up the available option.

If no options appear—there are no times available.

You can only register 1 week in advance.

COURT INFORMATION:

COST—\$30/hr (30/60/90 min intervals)

Pay for court upon arrival

Max of 1 court per reservation

CANCELLATION POLICY— You must log into your account and cancel your own reservation. You must provide 24 hours notice or your account will automatically be charged.

If rules are not followed, you will be asked to leave the facility.

CLINIC RESERVATIONS

TO REGISTER:

Once logged in, then go to "Group Activities" on the left side tabs

Find the classes that interest you and register for EACH class that you will attend and add to your cart.

Once all dates and classes are added, make payment. If you have credit on your account, please contact bdlenfert@illinois.edu PRIOR to payment.

NO refunds for missed class dates (unless prior approval given).

Limited spots are available.

SAFETY MEASURES FOR STAFF/CLIENTS

If a client or staff member is feeling any symptoms of COVID-19, they are not allowed to be at Atkins Tennis Center.

Registration will be done online prior to participation so we have accurate count of people each day.

Clients must arrive at scheduled time and depart promptly at the end of their session. No congregating and we recommend that family waits in the car during sessions.

The inside of Atkins Tennis Center has limited access. No locker rooms will be available for use. Please arrive ready to play. No towels available.

Hand Sanitizer will be provided at the court for before and after clinics/lessons.

Please bring your own water bottle.

Clinics will have designated ball hoppers to pick up balls. The handle will be cleaned at the end of each session.

Each pro will have their own designated cart.

Masks do not need to be worn while playing but we ask that you wear them at all other times.

Social distance when possible.

Pro Shop Information

Hours: Monday-Friday—8am-5pm
217-244-8562

NEED A RACQUET STRUNG?

Please drop off your racquet during pro shop hours.

For latest updates:
[AtkinsTennisCenter.com](https://www.atkinstenniscenter.com)

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