

ATKINS TENNIS CENTER 2023 SPRING 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)
5:30pm-7pm— Adult 1 & 2 Instructional
6:30pm-8:30pm—High School Competitive
7pm-8:30pm—Twilight Doubles

Tuesday:

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

Wednesday:

12pm-1:30pm-Adult Gameday
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—Intermediate Co-ed

Thursday:

12pm-1:30pm—Stroke/Strategy Day
5:30pm-7pm—Juniors (ages 10-14)
5:30pm-7:30pm— Tournament Elite
7pm-8:30pm- Adult 1/2 Drill and Play

Friday:

12-1:30pm —Boot Camp

DROP IN CLINICS

Session I - Jan. 9- Feb. 17
Session II—Feb. 20-Apr. 7
Session III- Apr. 10-May 12
(NO CLASSES: Jan. 16, Mar. 13-17,

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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 (\$32)

Players in this class compete in high school tennis or are joining their respective high school teams. Players are striving to play 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 (\$32)

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 (\$22)

Best suited for players with an NTRP rating of 2.5-3.5. 90 minutes of tennis and conditioning while playing fun and competitive drill games.

Twilight Doubles (\$24)

This clinic is designed for players with 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.

Stroke/Strategy Day (\$22)

This class is open to players of all abilities. Clinic focuses on a specific strategy related to doubles/singles or a specific stroke.

Adult Game Night (\$24)

This class is open to players of all abilities. Clinic incorporates a wide variety of active and fun drills implementing singles, doubles and even triples strategy!

Dynamic Doubles (\$22)

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

Boot Camp (\$22)

Best suited for players with an NTRP rating of 3.0-4.5. Atkins' most intense adult clinic features high intensity and physically challenging drills!

Intermediate Co-Ed Night (\$24)

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

Adult 1 & 2 Instructional (\$24)

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

Adult 1 & 2 Drill and Play (\$24)

Best suited for players with an NTRP rating of 2.0-3.0. Players will build on what they learn in Adult Level 1/2 Instructional with additional drilling and playing situations in a fun, friendly environment.

Adult Gameday (\$22)

Best Suited for players with NTRP rating of 2.5-4.0. Clinic incorporates a wide variety of active and fun drills. The playbook is wide open!

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 \$60-\$80/hr)

HOW TO REGISTER FOR COURTS/CLINICS

REGISTER FOR PUBLIC COURT RESERVATIONS and CLINICS at Atkins.ClubAutomation.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).

QUESTIONS?

Contact Brandon Lenfert at

bdlenfer@illinois.edu

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.

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

Please bring your own water bottle.

Pro Shop Information

Hours: Monday-Thursday 8am-10pm
Fri.-Sun. 8am-5pm
217-244-8562

NEED A RACQUET STRUNG?

Please drop off your racquet during pro shop hours.

For latest updates on Programming:
AtkinsTennisCenter.com

AtkinsTennis

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Address: 1751 S. Goodwin Ave.
Urbana, IL 61801

