



www.sportsplex-nw.com

Adult Tennis Program Policies

Dear Participant,

The tennis staff at Sportsplex would like to take this time to welcome you into the Sportsplex Tennis Program. Whether this is your first time taking tennis lessons or you are on your way to being the next tennis-addicted fan, we want you to love your experience with us.

The following information is to help you feel more comfortable with the “Sportsplex Tennis Experience”.

What to wear?

Sneakers: Walking, tennis or cross training sneakers are fine. Soles must be non-marking. No running shoes, sandals, or big-heeled sneakers are allowed.

Men: shorts with pockets big enough to hold tennis balls are preferred. No blue jeans, or dress pants, collared shirts are preferred.

Women: Please have hair pulled back out of face. Tennis attire such as tee shirt, tennis skirts, shorts; warm-up pants and tops are fine.

What to drink?

We provide water on all the courts and students get drinks together in class. You may bring a bottle of water or sports drink onto the court. No glass bottles or cans allowed on the court.

What if I do not have a racket?

We have a racquet shop here at Sportsplex. We will provide a free racket during class to fit your needs. If you enjoy the sport, we can help you find the right racquet for you. Please do not go out and purchase a racquet prior to class. We do provide loaner rackets at no charge for the first five weeks of the class. After the first session, please speak with one of the pros to purchase one for very inexpensively from our tennis office.

What happens if I miss a class?

We offer classes on other days of the week. *You may make-up in a similar class if there is space available.* If all other classes are full, then make-ups are forfeited. All make-ups must be made up with in the current session. Please call your instructor to schedule a make-up.

What happens if I get injured and can't play tennis?

If you get injured and miss more than 3 classes in a row, then there will be a credit given to you for the following session. If they are not used than the credit is forfeited. Fewer than 3 classes missed, you will need to make-up classes in the current session.

What if the weather is really bad?

We have seven indoor courts from September through May, so we are playing indoors, however, if the weather is bad for driving and we cancel, then we will extend the class another week. If we decide to run class and you choose not to come, no make-ups will be given.

Weather Policy: *Monday through Friday classes - call after 5pm to find out if class has been cancelled. Saturday and Sunday classes – call one hour before scheduled class time.*



I am not a member of the club and I can't hit the ball well enough to play with someone else so what can I do to improve?

Hitting against a wall or garage, practicing your strokes, hitting with a friend at the park are all ways to get better. Ideally, practice once a week; take a lesson once a week and playing in our tri-level league would be best. Remember, it's impossible to get good at something doing it for one hour a week. Tennis demands more practice than most sports, so don't expect it to be easy.

Sincerely,

**Mark Savage
Tennis Director**

**Antonella Avena
Adult Tennis Coordinator**