



Adult Tennis - Winter 2026 Program

Jan-Early April @ UM Varsity Tennis Center

Updated 1/8/26

Rec & Ed Tennis offers a rewarding Adult recreational pathway that allows players to develop skills in a fun and social environment. Players must wear non-marking soled tennis shoes. No running shoes please. If a player does not have a racquet, instructors will have loaners at class. Rec & Ed Tennis follows the USTA Code of Conduct.

- All classes are held at UM Varsity Tennis Center, and are subject to change.
- Scholarship copays vary from \$50 to \$100 depending on class fee.

To learn more about NTRP ratings and our program, visit our homepage: reced.a2schools.org/sports/tennis.

Learn To Play / Return to Play Tennis 101 and Tennis 201 are specifically designed for adult beginners, or adults returning to the game after a prolonged hiatus. Classes offer fun, progressive drills & games, singles & doubles play, and introduce basic rules & etiquette.

TENNIS 101 Beginner NTRP 2.0, Coed (Previously Start/Restart) Tennis 101 is for new players or those returning to the game after a lengthy break. Players learn stroke fundamentals as well as general rules of play in a fun group environment. Even if you've never picked up a racquet, Tennis 101 will get you playing right away, and get you started on your tennis journey. Players repeat Tennis 101 until the instructor recommends moving to Tennis 201. Learn To Play / Return to Play Tennis 101 and Tennis 201 are specifically designed for adult beginners, or adults returning to the game after a prolonged hiatus. Classes offer fun, progressive drills & games, singles & doubles play, and introduce basic rules & etiquette.

TENNIS 201 Adv Beginner NTRP 2.5, Coed Tennis 201 is for 'graduates' of Tennis 101 or advanced beginner level players returning to tennis. Refine your strokes, gain consistency, learn doubles and singles strategy. This is the "bridge" between beginners and our 2.5-3.0 level clinics and leagues.

TENNIS 301 Advanced NTRP 3.0, Coed Ideal for the advanced player wanting more point play at a faster pace. Focuses more on drill and play while hitting a lot of balls on the move with some instruction. For people who want to improve and be challenged along with having matchplay opportunities. **NOT A BEGINNER CLASS. REQUIREMENT is 201 or INSTRUCTOR APPROVAL.**

Class ID	Class	Day	Time	Dates	# Classes	Fee	Instructor
3610.221	Tennis 101	Tu	9:00AM-10:30AM	1/6-2/10	6	\$222	Staff
3610.222	Tennis 101	Tu	9:00AM-10:30AM	2/24-4/7 NO CLASS 3/31	6	\$222	Staff
3610.223	Tennis 201	Tu	10:30AM-12:00PM	1/6-2/10	6	\$222	Staff
3610.224	Tennis 201	Tu	10:30AM-12:00PM	2/24-4/7 NO CLASS 3/31	6	\$222	Staff
<i>Cancelled</i>	Tennis 201	Sun	12:00PM-1:30PM	1/11-2/8	5	\$195	Staff
<i>Cancelled</i>	Tennis 201	Sun	12:00PM-1:30PM	2/22-3/22	5	\$195	Staff
<i>Cancelled</i>	Tennis 301	Sun	1:30PM-3:00PM	1/11-2/8	5	\$195	Staff
<i>Cancelled</i>	Tennis 301	Sun	1:30PM-3:00PM	2/22-3/22	5	\$195	Staff

CLINICS

NTRP Level-specific Clinics (NTRP 2.5-4.0 Women's, Men's, Coed)

Continue developing your game through instructional drilling, coaching, live ball feeding games and doubles match play. Great for league players! *Instructor's permission required.*

******For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class*******

Class ID	Class/Level	Day	Time	Dates	#Classes	Fee	Instructor
3602.211	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	1/5-2/16 NO CLASS 1/19	6	\$222	Fode Camara
3602.212	Women's Clinic NTRP 3.0	Mon	9:00AM-10:30AM	2/23-4/6 NO CLASS 3/30	6	\$222	Fode Camara
3602.213	Women's Clinic NTRP 2.5	Mon	10:30AM-12:00PM	1/5-2/16 NO CLASS 1/19	6	\$222	Fode Camara
3602.214	Women's Clinic NTRP 2.5	Mon	10:30AM-12:00PM	2/23-4/6 NO CLASS 3/30	6	\$222	Fode Camara
3602.221	Co-Ed Clinic NTRP 2.5-3.0	Tue	10:30AM-12:00PM	1/6-2/10	6	\$222	Fode Camara
3602.222	Co-Ed Clinic NTRP 2.5-3.0	Tue	10:30AM-12:00PM	2/24-4/7 NO CLASS 3/31	6	\$222	Fode Camara
3602.231	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	1/7-2/11	6	\$222	Fode Camara
3602.232	Women's Clinic NTRP 2.5	Wed	10:30PM-12:00PM	1/7-2/11	6	\$222	Fode Camara
3602.233	Women's Clinic NTRP 3.0	Wed	9:00AM-10:30AM	2/25-4/8 NO CLASS 4/1	6	\$222	Fode Camara
3602.234	Women's Clinic NTRP 2.5	Wed	10:30AM-12:00PM	2/25-4/8 NO CLASS 4/1	6	\$222	Fode Camara
3602.241	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	1/8-2/12	6	\$234	Fode Camara
3602.242	Men's Clinic NTRP 3.5-4.0	Thur	10:00AM-12:00PM	2/19-4/9 NO CLASS 4/2	7	\$252	Fode Camara
3602.251	Women's Clinic NTRP 4.0	Fri	10:30AM-12:00PM	1/9-2/6	5	\$195	Fode Camara
3602.252	Women's Clinic NTRP 4.0	Fri	10:30AM-12:00PM	3/6-4/10 NO CLASS 4/3	5	\$195	Fode Camara

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CARDIO TENNIS* & CARDIO DRILL & PLAY*

Coed Level-specific: NTRP 2.5*- 3.0; NTRP 3.0 and higher; NTRP 3.5-4.0

**NTRP 2.5 League players

Instructor: Fode Camara

Cardio Tennis

Stay fit hitting 100s of (standard yellow) balls in this fun, fast-paced, high intensity, aerobic tennis drilling and games workout. **Recommended for players with full range of mobility and good cardiovascular health.** Instructor determines if the player's level and mobility are appropriate during first class. *No beginners please.*

Cardio Drill & Play Develop your strokes and competitive skills in this 50/50 combination of intensive cardio drilling along with plenty of live ball games and match play.

******For all classes taught by Fode Camara you must have instructor approval to define what level of play you are. This may include an evaluation by staff to determine if the player is in the correct class*******

Class ID	Class	Days	Time	Dates	# Classes	Fee
Cancelled	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	1/11-2/8	5	\$180
Cancelled	Cardio Tennis NTRP 3.0+	Sun	10:00AM-11:00AM	2/22-3/22	5	\$180
Cancelled	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	1/11-2/8	5	\$180
Cancelled	Cardio Tennis NTRP 3.0+	Sun	11:00AM-12:00PM	2/22-3/22	5	\$180
Cancelled	Cardio Tennis NTRP 3.0+	Sun	12:00PM-1:00PM	1/11-2/8	5	\$180
Cancelled	Cardio Tennis NTRP 3.0+	Sun	12:00PM-1:00PM	2/22-3/22	5	\$180
Cancelled	Cardio Drill+Play NTRP 2.5-3.0	Sun	1:00PM-2:30PM	1/11-2/8	5	\$195
Cancelled	Cardio Drill+Play NTRP 2.5-3.0	Sun	1:00PM-2:30PM	2/22-3/22	5	\$195
3606.221	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	1/6-2/10	6	\$222
3606.222	Cardio Tennis NTRP 2.5-3.0	Tues	9:00AM-10:30AM	2/24-4/7 NO CLASS 3/31	6	\$222
Cancelled	Cardio Drill+Play NTRP 3.5-4.0	Wed	6:00PM-7:30PM	1/7-2/11	6	\$222
Cancelled	Cardio Drill+Play NTRP 3.5-4.0	Wed	6:00PM-7:30PM	2/25-4/8 NO CLASS 4/1	6	\$222
3604.251	Cardio Drill+Play NTRP 2.5-3.0	Fri	9:00AM-10:30AM	1/9-2/20	7	\$245

Registration begins **December 2, 2025** at 10am

For more information, visit our website: <https://reced.a2schools.org/sports/tennis> or contact adulthood@a2school.org

**Registered participants will be notified by email with policy and procedure updates. Follow the class schedule on the Rec & Ed [Tennis Calendar](#) and visit the [Tennis Home Page](#) for program updates and offerings.