

# ORANGE COUNTY RECREATION AND PARKS DEPARTMENT

## 2006 SPRING TENNIS CLASSES

All 2006 Spring Tennis Classes will be held at the Orange High School Tennis Courts. All registered participants should provide their own tennis racket. Tennis balls will be provided for all classes.

**All Sessions Begin:** March 11, 2006  
**All Sessions Conclude:** April 29, 2006  
**Duration/Cost:** 6 weeks/\$90 per class  
pm

**Registration**  
**Deadline is March 10, 2006**  
**Monday – Friday 6:00 am-5:00**

**Central Recreation Center**  
**300 West Tryon Street**  
**Hillsborough, NC 27278**

### Youth/Teen Classes

Tiny Tennis – (Ages 4-7) This class teaches to basic racquet skills, hand-eye coordination, basic tennis strokes and rules.

Hot Shots – (Ages 8-12) This is an introduction to the basic skills of tennis, including the strokes, rules and motors skills

Champions – (Ages 9-13) This is a class for Youth with tennis experience. It will assist to prepare players for high school tennis.

High School Challengers – (Age 14-18) This class is an instruction to the game of tennis for high school students

High School Excellence – (Age 14-18) This class is for advanced players teaching strokes, shot selection and strategy.

provide

### Adult/Senior Classes

Learn to Play – This is an introduction tennis for adults with no experience.

Challengers – This is a great class for adults who have some tennis experience and wish to develop their skills.

Players – This class is for intermediate to advanced players only. All aspects of the game is covered with emphasis on strength, conditioning, fitness and strategy.

Senior Tennis – These classes are great for senior citizens looking to play tennis. All aspects of the game will be covered.

Instructional Round Robin – This program is for beginner or intermediate tennis players that want to participate in match play and learn about strategy and shot selection.

Happy Hour – This class is for adults of all Levels of play. The class will

physical fitness and a great overall workout.

**For more information, please contact the  
Orange County Recreation and Parks Department at (919) 245-2660**