

The Yonkers Tennis Center Adult Program utilizes the *Developmental Appropriate Tennis (D.A.T.)* methodology an innovative concept that has its fundamentals born in the development of both adults and juniors.

## Our Core Fundamentals

**Move ‘n’ Groove** - You will work up a sweat, as well as have a lot of fun in a dynamic learning environment. Footwork essentials will be taught at all levels. Don't be surprised when you're randomly busting a “split/split!”

**Command of Contact** - You will understand how to send the ball in different directions, utilizes various strokes, as well as a comprehension of swing.

**Strategy of Play** - We will teach the instinct of point play and competitiveness, what to do in each unique situation, patterns of play, as well as teaching a desire to compete.

**Personal Growth** - You will constantly be challenged to work on your social interactions, emotional control, technical understanding, and your physical literacy.

**“No Strings” September**

**Starts on Thursday, September 10<sup>th</sup> – September 30<sup>th</sup>**

**4:1 ratio / \$40 per hour / Pay as you Play / No Off Dates / No Makeups**

**Sign-Up for as many as you want! Contact the front desk to book a flexible appointment!**

	Try Tennis Yes	Try Tennis Yes II	2.0	2.5	3.0	3.5	4.0
Monday	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm 7:00-8:00pm	5:30-7:00pm	10:30-12:00pm 7:00-8:00pm 9:00-10:30pm	8:00-9:30pm	–
Tuesday	10:30-11:30am 6:30-7:30pm	6:30-7:30pm	–	–	9:30-11:00am 6:30-8:00pm	11:00-12:30pm 7:30-9:00pm	–
Wednesday	–	–	–	6:00-7:00pm	6:00-7:30pm	11:00-12:30pm 7:30-9:00pm	7:00-8:30pm
Thursday	–	–	9:00-10:00am 7:00-8:00pm	–	6:00-7:30pm	8:30-10pm	–
Friday	–	–	10:00-11:00am	9:00-10:30am	–	–	–
Saturday	12:00-1:00pm	11:00-12:00pm 1:00-2:00pm	10:30-11:30am	11:30-1:00pm	–	–	–
Sunday	–	–	–	–	–	–	–

If you do not see a time listed above that works for your schedule, please let us know and we will do our best to work with you to find a time that does.