



ADULT PROGRAM



Adult groups begin the week of September 12, 2011 and end May 13, 2012, unless otherwise noted. On the following pages you will find four categories: Women's Coached Groups, Men's Coached Groups, Mixed Coached Groups, and "Pay-As-You-Play" Groups. The "Pay-As-You-Play" opportunities are listed by day of the week, while all others are listed by level of play and group name. Groups are held at IRC Dean Road unless listed with the symbol (E), indicating play at the East Club. Membership is required to participate in coached groups unless otherwise indicated by (G). Group fees are based on court costs, the time of the day the group takes place, and the number of teaching professionals, players, and courts required.



Please note that IRC teaching professionals have the right to alter or vary a group due to change in skill level, scheduling conflicts, and court allocations. In addition, IRC has the right to cancel any group due to low enrollment, adjust the time and/or level of a group as deemed necessary, and alter fees.

Fall Session:

Sept. 12- Dec. 31, 2011

Winter Session:

Jan. 1-May 13, 2012

Adult Groups do NOT meet on the following dates:
November 24-27, 2011;
Dec. 24, 2011-Jan. 2, 2012;

- (G) Open to guests.
- (E) Takes place at East Club.

NTRP RATINGS GUIDE

IRC Ratings Clinic (details on page 25)

2.0	➔ Player is just starting to play tennis and is still working on getting the ball in play. Player needs on-court experience.
2.5	➔ Player is learning to judge where the ball is going, but court coverage is weak; can sustain a slow-pace rally with others of similar ability.
3.0	➔ Player is consistent when hitting medium-paced shots, but not yet comfortable with all strokes and lacks control when trying for directional intent, depth and power.
3.5	➔ Player has achieved improved stroke dependability and direction on moderate shots, but lacks depth and variety; exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles.
4.0	➔ Player has dependable strokes (including directional intent and depth on both forehand and backhand sides), plus the ability to use lobs, overheads, approach shots and volleys with some success; occasionally forces errors when serving; teamwork in doubles is evident.
4.5	➔ Player has begun to master the use of power and spins, is starting to handle pace, has sound footwork, can control depth of shots, and is beginning to vary tactics according to opponents; can hit first serves with power and accuracy, can place the second serve, and is able to rush the net successfully.
5.0	➔ Player has good shot anticipation; has frequent outstanding shots and exceptional consistency around which a game can be structured; can regularly hit winners or force errors off short balls; can execute lobs, drop shots, half volleys, and overhead smashes regularly; has good depth and spin on most second serves.



WOMEN'S GROUPS



ALL LEVELS

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Foxy Ladies Ed Brune	Monday 1:00-2:30pm	\$11.00 /session	\$11.00 /session	9/12/11-5/7/12
Foxy Ladies Ed Brune	Thursday 1:30-3:00pm	\$11.00 /session	\$11.00 /session	9/15/11-5/10/12

LEVEL 2.5

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
X-Team Practice* Karl Krauter	Friday 9:00-11:00am	\$259.00 14 sessions	\$351.50 19 sessions	9/16/11-5/11/12

* Participants are expected to participate on the affiliated CIWITL team.

LEVEL 2.5-3.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Karen's USA Grads Karen Courtney	Monday 9:30-11:00am	\$266.25 15 sessions	\$310.50 18 sessions	9/12/11-5/7/12
Ladies 2.5-3.0 Debbie Carlson	Monday 12:30-2:00pm	\$240.00 15 sessions	\$288.00 18 sessions	9/12/11-5/7/12
Women's 2.5-3.0 Steve Wakefield	Thursday 6:00-7:30pm	\$241.50 14 sessions	\$327.75 19 sessions	9/15/11-5/10/12
Debbie's USA Grads Debbie Carlson	Thursday 8:30-10:00am	\$217.00 14 sessions	\$294.50 19 sessions	9/15/11-5/10/12
Ladies 2.5-3.0 Prem Gupta	Friday 9:00-11:00am	\$245.00 14 sessions	\$332.50 19 sessions	9/16/11-5/11/12

LEVEL 3.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Women's 3.0 Tim Samons	Monday 1:00-2:30pm	\$240.00 15 sessions	\$288.00 18 sessions	9/12/11-5/7/12
C-Team Practice* Krauter/K. Gill	Tuesday 11:00-12:30pm	\$273.75 15 sessions	\$346.75 19 sessions	9/13/11-5/8/12
3.0 Women Kevin Gill	Wednesday 12:00-1:30pm	\$262.50 15 sessions	\$332.50 19 sessions	9/14/11-5/9/12
Women's 3.0 Tim Samons	Thursday 9:00-11:00am	\$259.00 14 sessions	\$351.50 19 sessions	9/15/11-5/10/12
Ladies 3.0 Drill & Play Karen Courtney	Thursday 11:00-12:30pm	\$18.00 /session	\$18.00 /session	9/15/11-5/10/12

* Participants are expected to participate on the affiliated CIWITL team.



WOMEN'S GROUPS



LEVEL 3.0-3.5

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Debbie's Early Risers <i>Debbie Carlson</i>	Tuesday 8:30-10:00am	\$232.50 15 sessions	\$294.50 19 sessions	9/13/11-5/8/12
Chargers <i>Prem Gupta</i>	Tuesday 11:00-1:00pm	\$262.50 15 sessions	\$332.50 19 sessions	9/13/11-5/8/12
Brandon's 3.0-3.5 Ladies <i>Brandon Gill</i>	Thursday 11:00-12:30pm	\$18.00/session	\$18.00/session	9/15/11-5/10/12
Challengers <i>Prem Gupta</i>	Thursday 11:00-1:00pm	\$231.00 14 sessions	\$313.50 19 sessions	9/15/11-5/10/12

LEVEL 3.0-4.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
"No Match Today" Drill <i>Prem Gupta</i>	Friday 11:00-1:00pm	\$18.00/session	\$18.00/session	9/16/11-5/11/12 will meet 11/25 & 12/23

LEVEL 3.5

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Stig's C-Team Practice (E)* <i>Stig Ljunggren</i>	Monday 10:00-12:00pm	\$277.50 15 sessions	\$330.00 18 sessions	9/12/11-5/7/12
* Participants are expected to participate on the affiliated CIWITL team.				
Women's 3.5 <i>Tim Samons</i>	Monday 11:00-1:00pm	\$277.50 15 sessions	\$330.00 18 sessions	9/12/11-5/7/12
The Competitors (E) <i>Stig Ljunggren</i>	Monday 6:00-7:30pm	\$255.00 15 sessions	\$330.00 18 sessions	9/12/11-5/7/12
Stig's C-Team Practice (E)* <i>Stig Ljunggren</i>	Tuesday 8:45-10:45am	\$270.00 15 sessions	\$342.00 19 sessions	9/13/11-5/8/12
* Participants are expected to participate on the affiliated CIWITL team.				
3.5 Drill & Play <i>Karl Krauter</i>	Wednesday 9:00-11:00am	\$273.75 15 sessions	\$346.75 19 sessions	9/14/11-5/9/12
Women's 3.5 <i>Tim Samons</i>	Thursday 11:00-1:00pm	\$259.00 14 sessions	\$351.50 19 sessions	9/15/11-5/10/12

LEVEL 3.5-4.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Prem's B-Level Play* <i>Prem Gupta</i>	Tuesday 1:00-3:00pm	\$18.00/session	\$18.00/session	9/13/11-5/8/12
* Participants are expected to participate on the affiliated CIWITL team.				
Doubles Team Practice <i>Prem Gupta</i>	Wednesday 11:00-1:00pm	\$18.00/session	\$18.00/session	9/14/11-5/9/12
3.5+ Women <i>Prem Gupta</i>	Thursday 9:00-11:00am	\$259.00 14 sessions	\$351.50 19 sessions	9/15/11-5/10/12



WOMEN'S GROUPS



LEVEL 3.5-4.0 continued

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Go Getters <i>Prem Gupta</i>	Monday 9:00-11:00am	\$262.50 15 sessions	\$315.00 18 sessions	9/12/11-5/7/12
3.5-4.0 Women <i>Prem Gupta</i>	Monday 5:30-7:00pm	\$225.00 15 sessions	\$270.00 18 sessions	9/12/11-5/7/12
Des' Elite <i>Des Evans</i>	Wednesday 6:00-7:30pm	\$262.50 15 sessions	\$332.50 19 sessions	9/14/11-5/9/12

LEVEL 4.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Women's 4.0 <i>Tim Samons</i>	Monday 9:00-11:00am	\$277.50 15 sessions	\$330.00 18 sessions	9/12/11-5/7/12
Women's 4.0 <i>Tim Samons</i>	Tuesday 11:00-1:00pm	\$277.50 15 sessions	\$351.50 19 sessions	9/13/11-5/8/12

LEVEL 4.0-4.5

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
A/B Team Practice* <i>Prem Gupta</i>	Monday 1:00-3:00pm	\$18.00/session	\$18.00/session	9/12/11-5/7/12
* Participants are expected to participate on the affiliated CIWITL team.				
Karl's 4.0+ Women <i>Karl Krauter</i>	Wednesday 12:00-1:30pm	\$18.00/session	\$18.00/session	9/14/11-5/9/12
A/B Team Clinic* <i>Stig Ljunggren</i>	Thursday 12:00-2:00pm	\$259.00 14 sessions	\$351.50 19 sessions	9/15/11-5/10/12
* Participants are expected to participate on the affiliated CIWITL team.				
Women's 4.0-4.5 <i>Tim Samons</i>	Thursday 1:00-3:00pm	\$259.00 14 sessions	\$351.50 19 sessions	9/15/11-5/10/12

LEVEL 4.5-5.0

Group Name/Coach	Day/Time	Fall Session	Winter Session	Session Dates
Women's 4.5 <i>Tim Samons</i>	Tuesday 9:00-11:00am	\$277.50 15 sessions	\$351.50 19 sessions	9/13/11-5/8/12
Women's 4.5-5.0 <i>Tim Samons</i>	Tuesday 1:00-2:30pm	\$277.50 15 sessions	\$351.50 19 sessions	9/13/11-5/8/12

ADULT TEAM UNIFORMS

Let IRC outfit your League teams! Team Discounts. Order early for best selection.



Contact **Amy** in Team Sales for more information.



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