

SPORTIME'S

FALL ADULT PROGRAMS 2011-2012

SPORTIME Randall's Island, One Randall's Island, New York, NY 10035
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SPORTIME Randall's Island is proud to operate the finest tennis club in New York City, and to offer the best in tennis instruction and related health and fitness activities! Our exciting clinics offer instruction, fitness and competition for players at all levels. Each program is designed to help participants to improve their games, stay in shape, and meet new people. Check out our unique, cutting-edge programs now!

Private and Semi-Private Tennis Lessons and Personal Training are also available with our experienced professionals.

GROUP ADULT TENNIS KINETICS

A perfect mix of dynamic instruction, fast-paced drills, and exciting match play formats provide a great workout and a fun learning experience - all designed to bring participants' games to the next level. Adjusted for number of participants, classes will be offered daily, Mondays through Fridays, mornings and evenings, for all levels - Beginner, Intermediate and Advanced. Select your time and day preferences on the reverse.

MEN'S & WOMEN'S INSTRUCTIONAL DOUBLES LEAGUES

Coordinated and supervised by SPORTIME tennis professionals, SPORTIME offers fun, competitive instructional playing leagues for players of all levels.

CARDIO TENNIS

Step off the treadmill and onto the court with SPORTIME's Cardio Tennis. Specialized instructors guide participants through a variety of fast-paced drills and games that bring players' heart rates to fat-burning levels. Improve your fitness and have a blast!

INDIVIDUALIZED TRAINING

Personal Training is headed by Sophie Scott, a UK trained Osteopath and Performance Enhancement Specialist with over 12 years experience working in professional sports and dance. Her training model encompasses sports medicine, strength and conditioning, as well as general wellness. Private, semi-private, and group training sessions are available.

Private Tennis Lessons - Schedule a private or semi-private lesson with a member of SPORTIME Randall's Island's world-class, professional staff, including pros from the John McEnroe Tennis Academy, and bring your game to the next level!



FRIDAY NIGHT MIXER

Join us for a weekly night out at SPORTIME Randall's Island! Enjoy food, drink and two hours of mixed doubles from 7:30 - 10:30pm. Meet new tennis partners and friends! Friday Night Mixers are offered the first Friday of the month, September through January.



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REGISTER TODAY! CALL THE CLUB WITH ANY QUESTIONS OR FILL OUT THE APPLICATION ON THE REVERSE TO REGISTER.

