



Adult Tennis Pathway

PLAYING LEVEL	BEGINNER 0.0 - 1.5 New to tennis or just getting started	NOVICE 2.0 - 2.5 Rallying from baseline, learning to play points	INTERMEDIATE 3.0 Consistent when receiving a variety of shots at the baseline, understands basics of all strokes	HIGH INT. 3.5 Effective with all strokes, developing match strategy	ADVANCED 4.0 Executes strokes from all areas of the court in a match setting
LEARN Stroke fundamentals & technique	- Learn to Play 1 - Learn to Play 2	- Novice Clinics - Adult Summer Camp	- Intermediate Clinics - Serve, Volley, or Groundstroke Clinics - Adult Summer Camps	- High Int. Clinics - Serve, Volley, or Groundstroke Clinics	Advanced Clinics
BUILD Your skill set, refine your strokes		- Novice Practice & Play - Feeding Frenzy - Tennis Fitness Let's Move - Adult Summer Camp	- Int. Practice & Play - Feeding Frenzy - Tennis Fitness High Intensity - Adult Summer Camp	- High Int. Practice & Play - Feeding Frenzy - Tennis Fitness High Intensity	- Adv. Practice & Play - Feeding Frenzy - Tennis Fitness High Intensity
PLAY The game of tennis, put your skills to use		- Novice Open Play - Live Ball (Singles or Doubles)	- Int. Open Play - Int. Live Ball (Singles or Doubles) - Intermediate League - Happy Hour	- High Int. Open Play - High Int./Adv. Live Ball (Singles or Doubles) - High Int. League - Happy Hour	- Adv. Open Play - High Int./Adv. Live Ball (Singles or Doubles) - Advanced League
COMPETE Challenge yourself in a competitive environment		- Open Play - Live Ball	- Intermediate League - Ladders - Tournaments (Internal or external)	- High Int. League - Ladders - Tournaments (Internal or external)	- Advanced League - Ladders - Tournaments (Internal or external)
When you're ready... What's Next?	Completed Learn to Play 1 & 2? Move to Novice Clinics.	After a clinic try Practice & Play. Add Open Play or Live Ball to get extra practice.	Challenge yourself, try happy hour, live ball or join a ladder or league.	Completed a few sessions? Challenge yourself, join a league, ladder, or tournament.	Moving past the advanced level? Inquire about Adult High Performance.

Don't have a level rating?

Book your assessment today!



How much should I play?

We recommend 2-3 times per week to ensure ample volume.

Every player at any level is welcome!

Great players and great people.
That's the RSC community!

Your journey, your pace.

Tennis development takes time, everyone moves at different speeds.
Be patient and enjoy the process!