

PROGRAM INFORMATION

SPORTIME offers a complete menu of Adult programming supervised by our highly skilled, international coaching staff. Whether you are looking for a great way to get in shape, to learn the sport for a lifetime, or to play more competitively, SPORTIME has something for you. Programs include Group Lessons, Cardio Tennis, The SPORTIME Zone, private and semi-private lessons and more. Programs and services may vary at each location.

Major League Tennis

League tennis is a great way to exercise, to make friends and to enjoy competing against players at your level. We supply new balls for your matches, trophies at the end of the season, weekly standings and special events. We do all the work - you have all the fun. Singles, Round Robin, Fixed Doubles and Mixed formats are available at all USTA levels. Leagues may vary at each SPORTIME location. New Members require court testing for league placement. Call and get in the game today!



Adult Group Lessons

Adult Tennis Kinetics™ (ATK) Group Lessons are offered year-round. Our adult lesson program services thousands of SPORTIME members across NY. In Adult TK, SPORTIME places compatible members into groups with a carefully matched coach, then provides a reserved court, the same day and time each week for a set series of weeks.



The SPORTIME Zone

This high-energy, high-spirited program features challenging tennis games, just like the ones that make our world-class junior training programs so successful. Groundstroke games, volley games, approach shot and passing shot games - you name it, we play it. Meet new friends, improve your tennis skills and get fit!



Cardio Tennis

Step off the treadmill and onto the court with SPORTIME's Cardio Tennis. Participants improve their cardiovascular fitness and their tennis, while shedding pounds, making friends and having fun. SPORTIME coaches guide participants through a variety of fast paced drills and games that keep players' heart rates at fat-burning levels. Players of all levels are welcome.



Private & Semi-Private Lessons

Members may learn and improve in a completely individualized setting with private or semi-private lessons. SPORTIME pros are trained to customize a teaching strategy and program based on each member's unique needs. Semi-Private lesson participants must sign up with a partner. Please see our separate application for extensive lesson options.



SPORTIME is proud to operate the finest tennis facilities in New York State, featuring 155 indoor and outdoor, hard and soft surface courts, across Long Island and in Westchester, Manhattan and the Capital Region. SPORTIME membership allows seasonal and year-round play and program participation.

Open Court Time

SPORTIME members may rent tennis court time at substantially discounted rates and may also enjoy complimentary tennis court time, offered at days and times that change monthly. Simply contact us to reserve a court today, or log on to SPORTIME Online at www.SportimeNY.com, or download the new MYSPORTIME Mobile app - more information below!



Seasonal Court Time

SPORTIME members who wish to play the on same day/time each week, may reserve seasonal court time, for the winter or summer seasons, at substantially discounted rates. Just contact us for court availability.



Special Events & Tournaments

There is always a special event on the calendar at SPORTIME, whether a mixed-doubles mixer, a club championship, or an outdoor BBQ. Just check the special events calendar posted on the SPORTIME website: www.SportimeNY.com.



The MYSPORTIME Tennis Mobile App!

Created exclusively for SPORTIME Members! Now you can conveniently book courts at SPORTIME locations across Long Island and Westchester and in the Capital Region, find new partners at your level, access and manage your account information, and more, right from your phone! Simply go to the App Store for Apple, or Google Play for Android devices, and search SPORTIME to download the MYSPORTIME App.



Questions? The tennis and customer service staff at your local SPORTIME club is always happy to help. For a full listing of clubs, please visit us online at www.SportimeNY.com.

