



SPORTIME QUOGUE

2021 ADULT PROGRAMS

MAY 15TH - SEPTEMBER 30TH

SPORTIME Quogue is proud to operate one of the finest tennis clubs in the Hamptons and to offer the best tennis programming! Our exciting clinics feature instruction, fitness and competitive play for players at all levels. Each program is designed to help you improve your game, stay in shape and meet new partners and friends. Check out our unique, cutting-edge programs!

GAME ARRANGING

May 15 thru Sep 30, 8:45am and 10:30am

Our most popular program pairs up members with similar level players and provides them with suitable, challenging and exciting matches. Our goal is to guarantee a great tennis experience every time a member visits the club. We love to introduce members to new partners and to new friends.

SPORTIME 101

Mon, Wed, Fri & Sun, 10:30am-12:00pm

A version of the SPORTIME Zone created for beginners, with increased focus on technical instruction. Work on your strokes, foot-work, positioning and more, before you graduate to the ever-popular SPORTIME Zone or more advanced Adult Excel programs.

SPORTIME ZONE

TBD ON DEMAND

This popular program features challenging tennis drills and games and non-stop movement! Groundstroke games, volley games, approach-shot / passing-shot games - you name it, we play it! Court rotations add to the fun and excitement. Meet new friends, get a great workout and improve your tennis skills!

Adult EXCEL

Tues, Thurs, Fri & Sat, 10:30am-12:00pm

SPORTIME's version of tennis boot camp. ADULT EXCEL is for 3.5+ men and women who are serious about improving their skills and total fitness. ADULT EXCEL focuses on the tennis "nuts and bolts": foot-work, concentration, consistency, ball control, strategy and tactics. For those striving to become more accomplished players while having fun and making new friends!

D1 Drills (4.0+)

Fri, 5pm-6:30pm

An innovative approach for advanced players looking to add some spice and challenge their tennis routine. Intense live-ball drills and competitive games with our top-notch pros. Players will focus on footwork, consistency, placement, anticipation and tactics in a variety of fun, challenging situations. Join us for D1 Drills and see your game and fitness improve in no time!

UTR Match Play

Wed 5pm-8pm, Sun 1:00pm-4:00pm

The goal is to establish or increase a players' UTR (Universal Tennis Rating) by competing against players around their same UTR rating, without regard to age, gender, nationality, or locale of a given match. Participants will be guaranteed at least two matches, and match start times may vary based upon event attendance. Match results count toward your UTR which is a global tennis player rating system intended to produce an objective, consistent, and accurate index of players' skill in the game of tennis. UTR rates all players on a single 16-point scale.

* Requires UTR affiliation.



(631) 653-6767

SPORTIME Quogue
2571 Quogue-Riverhead Road, E. Quogue, NY 11942
www.SportimeNY.com/Quogue



Register Today!

To register, complete the application on the back. Or contact us by calling (631) 653-6767 or emailing quogue@sportimemy.com.