

More Summer Tennis Fun (for Men and Women!)

Mixed Round Robins

Watch for mixed (co-ed) tennis round robins to be scheduled throughout the summer on Sunday afternoons/evenings. All levels welcome and no fee to participate. Just bring a can of balls and a snack to share. (And if you don't have either of those, come anyway!) Watch for details.

Private and Group Tennis Lessons

Throughout the summer, our very own Coach Curtiss will be available for private and small group lessons if you want extra hands-on attention, want to work on a particular area or want to develop a doubles' strategy with a partner.

Open Courts

Courts are open for your playing enjoyment during normal pool hours all summer long. (Court availability will be limited during scheduled lessons and league play.)

Washington Kastles World Team Tennis Outing

Watch for details for a "field trip" to downtown D.C. to watch the tennis stars in action!



JOIN US!



**Questions? Suggestions?
Contact Your 2016 Co-Captains:**

Lorrie Rezendes

(703) 780-6937

LORRETIRED@AOL.COM

Jennifer Bridgman

(202) 641-8840

JLKREMPIN@GMAIL.COM

STRATFORD LANDING
RECREATION ASSOCIATION

www.stratfordrec.org

SRA WOMEN'S TENNIS



**Stratford Recreation Association
Summer 2016**



**SRA LADY SHARKS
"TRAVELING" TENNIS TEAM**

FRIDAY MORNINGS

**JUNE 17, 24, July 8, 15, 22 & 29
(closing round robin)**

A fun way to meet other wonderful local women is through the "traveling team" as the Stratford Lady Sharks play team matches against other local tennis teams.

With three levels of play (A, B and C levels) in both Singles and Doubles tennis, enjoy friendly competition and camaraderie at all skill levels.

If you can't play Friday morning, you may reschedule your match if your scheduled opponent agrees.

You are not required to play on the Intramural League to be on the team, but you will need to be available to play a challenge match to determine team roster, as needed.

No cost to participate (fees paid by SRA).

PRACTICE & PLAY

**WEDNESDAY NIGHTS - 7 to 9 PM
SATURDAY MORNINGS - 9 to 11 AM**

Join us on the courts for "Practice & Play" as we work on our skills, prepare for upcoming team matches, work on our technique and strategy. This is a great time to have practice matches and to get in your intramural league matches.

WOMEN'S TENNIS OPPORTUNITIES

Whether you're just picking up a racquet for the first time, kicking the rust off after many years or looking to improve your game, take advantage of these great opportunities to find your groove no matter your level—and have a lot of fun in the process!

Register during Super Sunday (May 22 from 2-4 pm) or at the SRA office by June 4.



**GET IN THE GROOVE: SMALL GROUP LESSONS FOR BEGINNERS
THURSDAY NIGHTS, 7 TO 8 PM**

(JUNE 9, 16, 23, 30 AND JULY 14, 21. RAIN MAKE-UP LESSON 8 - 9 A.M. SATURDAY)

If you're new to tennis or coming back after many years, learn the fundamentals of tennis. Through drills and hands-on instruction in a small group setting (limited to 9 - 12 participants maximum). Coach Curtiss will help you master the 12 essential skills every beginner should know. To keep class size small to allow for adequate personal instruction and practice time, a second weekly class may be added if there is enough interest.

Fee: \$50

**IMPROVE THE GROOVE: SMALL GROUP LESSONS FOR MORE EXPERIENCED
TUESDAY NIGHTS, 7 TO 8 PM**

(JUNE 7, 14, 21, 28 AND JULY 12, 19. RAIN MAKE-UP LESSON 9 - 10 A.M. SATURDAY)

If you've been playing for awhile or want to improve your game, this is the group for you. Through drills and hands-on instruction, Coach Curtiss will help you improve technical and tactical skills, mindset, performance and match strategy in a small group setting (limited to 9 - 12 participants). To keep class size small to allow for adequate personal instruction and practice time, a second weekly class may be added if there is enough interest.

Fee: \$50

**INTRAMURAL TENNIS LEAGUE - ALL LEVELS WELCOME!
PLAY MATCHES WEDNESDAYS/SATURDAYS OR ON YOUR OWN SCHEDULE
LEAGUE 1: JUNE 1-30 LEAGUE 2: JULY 1 - 31 LEAGUE 3: AUGUST 1 TO 31**

Enjoy "friendly competition," get more playing time on the courts, challenge yourself, and make new friends who share a love of tennis. This league is structured to challenge and reward you no matter your level or experience.

The more you play, the more points you earn. (And the more you play, the better you'll get!) You can play on your own time, so it's flexible around YOUR schedule. All levels welcome!

No cost to participate.