



OXFORD ATHLETIC CLUB

# ADULT RACQUET CALENDAR

## SPRING 2025



### NEW INSTRUCTOR KEITH SALMON

Keith grew up in Pittsburgh and became Pete Sampras's hitting partner at age 18. He then joined the North Carolina State University tennis team before playing at the semi-pro level all over the world. Over the last 20 years, Keith has directed racquet sports programs in Connecticut and Pittsburgh.

**RESERVE YOUR SPOT  
THE WEEK BEFORE  
THROUGH OUR MOBILE APP**

*SPOTS ARE LIMITED*

### MONDAY

**6AM - 7AM** - MEN'S OPEN (2.5 & UP)

**7AM-8AM** - CARDIO MIXED GENDER

**11AM-12PM** - LEARN TO PLAY (BEGINNER)

### TUESDAY

**6AM - 7AM** - WOMEN'S OPEN (2.5 & UP)

**7AM-8AM** - ADVANCED (4.0 & UP)

**11AM-12PM** INTERMEDIATE (3.0 & UP)

### WEDNESDAY

**6AM-7AM** - MEN'S AND WOMEN'S (2.5 & UP)

**11AM-12PM** - LEARN TO PLAY (BEGINNER)

**5:30PM-7PM** - ADVANCED (4.0 & UP)

### THURSDAY

**6AM-7AM** - BEGINNER (MEN'S AND WOMEN'S),

**11AM-12PM** - INTERMEDIATE (3.0 & UP),

**7PM-8:30PM** - LADIES (2.0-3.0)

### SATURDAY

**11AM - 1PM** - MEN'S

### SUNDAY

**10AM-11AM** - MEN'S & WOMAN'S (2.5-3.0)

**11AM-12PM** - MEN'S & WOMAN'S (STROKE OF THE WEEK)

**12PM-1PM** - MEN'S & WOMAN'S (3.5-4.0)

**QUESTIONS? EMAIL [INFO@OXFORDATHLETICCLUB.COM](mailto:info@oxfordathleticclub.com)**

**90 MINUTE SESSIONS: \$37.50 | 2 HOUR SESSIONS: \$50**



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# ***NTRP RATING GUIDELINES***

## ***LEARN MORE***

### **NATIONAL TENNIS RATING PROGRAM**

The National Tennis Rating Program (NTRP) is designed to help players of similar skill levels find evenly matched opponents. Whether you're participating in matches, group lessons, leagues, or tournaments, this system ensures a more enjoyable and competitive experience.

In most cases, players can self-rate. To do this, review the criteria below while imagining yourself playing against someone of the same gender and skill. Once you find the level that best represents your abilities, make sure you also meet most—or all—of the criteria for the levels below it. If you're unsure between two levels, it's recommended to choose the higher one. You can also use your results from previous USTA-sanctioned tournaments and league play to determine your NTRP rating.

Keep in mind that ratings are not fixed—they can be updated based on your performance and match outcomes.

## ***LEARN MORE***



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