



OXFORD ATHLETIC CLUB

# ADULT RACQUET CALENDAR

## FALL 2025



**LEAD ADULT TENNIS PRO  
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 UNDER  
'SCHEDULE' & SELECT YOUR DATE**

*SPOTS ARE LIMITED*

### **STARTING AUGUST 18TH**

#### **MONDAY**

**11AM-12:30PM - LEARN TO PLAY (BEGINNER)**

#### **TUESDAY**

**11AM-12:30PM - INTERMEDIATE**

**5:30PM-7PM - OPEN TENNIS CLINIC**

**7:30PM-9PM - ADULT INTERMEDIATE**

#### **WEDNESDAY**

**11AM-12:30PM - LEARN TO PLAY (BEGINNER)**

**5:30PM-7PM - ADVANCED (3.5 & UP)**

#### **THURSDAY**

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

**11AM - 12:30PM - INTERMEDIATE (3.0 AND UP)**

#### **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 [KSALMON@OXFORDATHLETICCLUB.COM](mailto:KSALMON@OXFORDATHLETICCLUB.COM)**

**ALL CLINICS \$25 PER HOUR**



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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 of the criteria.

***SCAN THE  
CODE TO FIND  
YOUR RATING***



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