



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

6PM-7:30PM - 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

ALL CLINICS \$25 PER HOUR



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NTRP RATING GUIDELINES

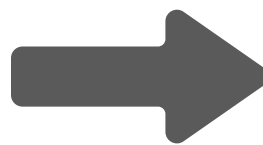
LEARN MORE

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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