

GRSC Glossary

We have a lot of terminology that is unique to GRSC. Here is a quick overview of some of the terms you might come across as a member/player here.

Private Lesson Group or PLG – This is a weekly lesson (or clinic) with a core group of 4 players that commits to meet weekly at the same day and time with a pro for the entire “indoor season” (from Labor Day through mid-June). The group lessons build on skills, use drills, and conduct supervised match play to hone your game. Our group lesson plans aim to create a well-rounded player with solid strokes, technique, footwork and court understanding. These groups get priority pricing and can only be comprised of members. Non-members do not have access to this benefit, nor can they sub on these courts.

Open Court Time – When you’d like to organize your own group on a week-by-week basis, you would book “open court time”. You can make “open court time” reservations on the app, by calling the desk or emailing desk@guilfordracquet.com up to one week in advance. Members can bring guests to play during open court time, but a guest may not play without a member. Guests can come up to 4 times per year. After that, they would need to become a member to play during open court time.

Season Courts – like PLG’s, “season courts” are a season long commitment to play at a designated time and day, each week from Labor Day through Mid-June. Season courts do not include a pro. They are simply a group of people who wish to play tennis (or pickleball or paddle) with each other every week. This benefit is only available to members.

Leagues – We offer singles and doubles leagues for our members; non-members cannot play in these. There is not a pro on the court for this. It’s organized doubles or singles play. You sign up and then we do all the work, arranging each court by level. These are usually open to multiple levels of players.

Tennis, Pickleball or Paddle Intro Session – In order to get you involved with the best groups for you, we offer a FREE intro session for each racquet sport offered at GRSC. This is usually a 20-minute mini lesson with one of our outstanding pros. They will evaluate your level and offer some tips too. After the session, you will get a level. That level will indicate which programming at GRSC you will be eligible to participate in. We offer this service to members and non-members.

USTA – Looking to take your tennis to the next level. You might want to join a USTA team. We have 35 different teams annually at GRSC. You can play singles, doubles or mixed doubles at all levels. These teams compete against neighboring clubs. Winners can move on to districts, sectionals and even nationals. Teams travel together to away matches and usually have snacks

and drinks post-match with the opposing teams. It's a very social way to challenge yourself mentally and physically.

Core Programming – Racquet sport programming available at GRSC that is open to members and non-members. Examples include, CAPP, TennisNow, TennisNext, Cardio Tennis and some singles and doubles clinics.

- **CAPP** – This is a fast-paced game, usually played with 6 people, but can be played with 4 or more people. It's a doubles based game, with balls fed in by a pro. Points are awarded by winning 3 points in a row at the net OR by hitting a winner. There's a "winners" side so there is a lot of running from switching sides but a lot of fun too!
- **TennisNow** – This program is for true beginner tennis players. If you've never held a tennis racquet before, this is the place for you. It's also a great starting point for players who played a little bit but then haven't played at all for years.
- **TennisNext** – When you graduate from TennisNow, you are ready for TennisNext. Also open to beginner tennis players.
- **Cardio Tennis** – This is open to all level players. This is a combination of tennis and cardio exercises. Listen to music while playing tennis and working out! You will hit tons of balls, but you will also run, do jumping jacks and laugh a lot!
- **Singles and Doubles Clinics** – This is run just like our PLG's. The only difference is we'll take up to 6 people on the court and non-members are eligible to play. Registration opens exactly one week in advance. If only 1-2 players sign-up, we might cancel or reduce the amount of time with the pro.