

## **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 (or 6 people, if you have a private CAPP organized) that commits to meet weekly at the same day and time with a pro for the entire “school year/indoor season” (from Labor Day through mid-June). The group lessons build on skills weekly. Pros 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](mailto: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, regardless of their host member. After that, they must become a member in order to play during open court time. Open Time is available for all racquet sports. One exception to the open court time guest policy is **Padel**. We have one temporary padel court erected outside on court 12. This court is available for open play by members and non-members alike. Non-members do not have to book as a guest of a member, they can reserve this alone, but members get priority pricing. The courts fees will be divided amongst the players based on the hourly fee associated with their membership type.

**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. We also offer Season Courts for the Summer Season. Season courts do not include a pro. They are a group of people who wish to play tennis (or pickleball or paddle) with each other every week at a set time. 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 is organized doubles or singles play. You sign up weekly and then we do all the work, arranging each court by level. These are usually open to multiple levels of players, members only. All Leagues are available on the GRSC app for weekly registration.

**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. Due to high demand, you must be a current member to participate in a Pickleball Intro Session.

**USTA** – Looking to take your tennis to the next level? You might want to join a USTA team. We have 30+ adult teams at GRSC at all levels. You can play singles, doubles or mixed doubles. 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. Only members can be on GRSC USTA teams. USTA Membership and Team Registration fees apply.

**Private Lessons** – Members and non-members can schedule a private lesson in any of the racquet sports we offer at GRSC at varying lengths of time. Private lessons are typically booked ½ hour – 1 ½ hours in length. Members get priority pricing.

**Junior Programming** – Junior programming, like red ball, orange ball, yellow ball etc. are structured differently than our adult programming. They're grouped into sessions, and you buy a group of lessons up front for a set day and time each week. Players are grouped together by level and are led by a pro to learn new skills and practice what they've learned. This is open to members and non-members. Members get priority pricing.

**Paddle (Platform Tennis) Clinics** – These are typically grouped into sessions, like our junior programming. Players can purchase a package of lessons at a set day and time each week. These sessions are grouped by level and are led by a pro. Each week, the instructor will introduce new skills and work on them using a combination of pro-fed balls and live ball practice. These clinics are open to members and non-members. Members get priority pricing.

**Paddle by GRSC** – This functions the same way as PB by GRSC, except non-members cannot participate. These groups are organized paddle games by level that members can sign up for on a weekly basis. There is no pro on the court and no additional fee for this.

**Core Programming** – Examples include CAPP, Skills & Drills, Cardio Tennis and some singles and doubles clinics. All Core Programming is available on the GRSC app for weekly registration.

- **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! Available to members and non-members.
- **Tennis Skills & Drills** – This program is best for players in the 2.0-3.0 range. Players who have never played before to advanced beginners. Each class will work on a new skill, whether it's a particular stroke or strategy and then players will hit a combination of pro-fed balls and live balls to help perfect their skills. Available to members and non-members.

- **Cardio Tennis** – This is open to players at Advanced Beginner or higher levels. This is a combination of tennis and workout. Classes use decompressed orange balls. 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! Available to members and non-members.
- **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. Available to members and non-members.
- **PB by GRSC** – These groups are organized pickleball games by level that members can sign up for on a weekly basis. There is no pro on the court, but we provide each group with a rotation and balls. Non-members can play in these up to 4 times. After 4 times, they would need to become a member to continue participating. PB by GRSC is available on our app for weekly registration.
- **Pickleball Skills & Drills** - Pro led drills, strategy, and games. Available on the app for weekly registration.