

# MEET OUR TENNIS PROS

## TAMMY ARADO | TENNIS DIRECTOR

Tammy Arado joined our staff in June of 2017. Tammy has a 5.0 NTRP ranking; she played for the Ferris State Women's Tennis Team and focused on Recreation Leadership Management, Corporate Fitness. Tammy has been teaching tennis for over 25 years and has experience as a Tennis Professional, Director of Tennis, League Scheduler, USTA Coordinator and Tournament Director, and High School Tennis Coach. Before coming to the River Valley Club, Tammy was at Miramont Lifestyle Fitness in Fort Collins, CO. Tammy has been certified by the USPTA. [Contact Tammy: Tammy.Arado@RiverValleyClub.com](mailto:Tammy.Arado@RiverValleyClub.com)

Private	
1/2 Hour	\$60
1 Hour	\$87
Additional \$10 /lesson for non-members.	

## CHAD ARADO | HEAD TENNIS PROFESSIONAL

Chad Arado joined our staff in June of 2017. He comes to RVC Tennis with over 20 years of teaching experience. He graduated from the Professional Tennis Management Program at Ferris State University and then went on to train under Jorge Capestany, USPTA Master Professional, and run the Competitive Training Center and Area Training Center which included the top ranked 14 and under Juniors in Western Michigan, most of whom went on to compete at Division 1 schools. He has experience as a Tennis Professional, Junior Program Director, League Coordinator and High School Tennis Coach. Most recently before joining the RVC Tennis staff, he was a personal tennis coach in Fort Collins, CO. Chad is USPTA certified and is a certified Racquet Technician.

[Contact Chad: Chadarado@yahoo.com](mailto:Chadarado@yahoo.com)

## KAREN DIDRICKSEN | TENNIS PROFESSIONAL

Karen's tennis journey began in Southern California. She moved 'east' to play on the Univ. of Nevada tennis team, and then to New England to coach tennis camp in Vermont. Karen has competed in USTA league tennis for 20+ years and is the tournament director for the VT Senior Games. Also serving as the local USTA rep for community tennis, she looks forward to helping enrich the program at RVC Tennis. [Contact Karen: didricksen@gmail.com](mailto:didricksen@gmail.com)

Private	
1/2 Hour	\$57
1 Hour	\$84
Additional \$10 /lesson for non-members.	

## JOHN FRATES | TENNIS PROFESSIONAL

John has been involved in tennis as a player and as a tennis professional for over twenty years at various clubs around the country. Under his direction, he has had many players go on to play in college. John's teaching style is with high energy. You will find that you will hit a lot of balls, make some technical changes and have fun at the same time. [Contact John: John@LakeViewmtg.com](mailto:John@LakeViewmtg.com)

## MASON ARADO | TENNIS PROFESSIONAL

Mason started competing at eight years old and won state championships in Colorado at 10 and under, and 12 and under. He competes at Lebanon High school, where in 2021, his team won state. Mason also volunteers as a coach for Buddy Up Tennis. His favorite player is Rafael Nadal. [Contact Mason: MasonArado1@gmail.com](mailto:MasonArado1@gmail.com)

## LYLE NICHOLS | TENNIS PROFESSIONAL

Lyle has been teaching tennis for 10 years and has experience teaching at clubs in Connecticut and as a high school tennis coach. He played in college at St Michael's in Colchester, Vermont. Lyle enjoys sharing his passion for tennis with all levels. The best part of teaching for him is seeing a beginner become a lifetime tennis player. Lyle is certified by the USPTA. [Contact Lyle: LyleNichols1@gmail.com](mailto:LyleNichols1@gmail.com)

Private	
1/2 Hour	\$55
1 Hour	\$82
Additional \$10 /lesson for non-members.	

## BENNY GANTRISH | TENNIS PROFESSIONAL

Tennis has been an important part of my life since middle school. I began my teaching career at the Storrs Pond tennis camps where I have been an instructor since 2013. I was a varsity player at Hanover High School, played for four years as an undergraduate at Allegheny College in Meadville, PA and periodically as an RVC assistant pro until this fall when I became a full-time RVC tennis professional. I have experience teaching all ages and levels. My favorite player is Nick Kyrgios. [Contact Benny: GantrishB@allegheny.edu](mailto:GantrishB@allegheny.edu)

## NOLAN ARADO | JUNIOR TENNIS PROFESSIONAL

Nolan started competing at age four, playing kids twice his age. He won state championships in Colorado for 10 and under, and 12 and under when he was only 6 years old. He competes at Lebanon High School, where in 2021, his team won state. Nolan also volunteers as a coach for Buddy Up Tennis. His favorite player is Roger Federer. [Contact Nolan: NolanArado2@gmail.com](mailto:NolanArado2@gmail.com)

Private	
1/2 Hour	\$50
1 Hour	\$77
Additional \$10 /lesson for non-members.	



**RVCTennis**  
Get Fit. Have Fun.

## OUR PHILOSOPHY

RVC Tennis is dedicated to addressing the tennis needs of everyone in the Upper Valley. With eight Pros, we are equipped to provide you and your family with a fun, safe environment and top-notch instruction from both USPTA and USPTR Certified Tennis Professionals.

## HARD COURT SURFACE

We have four DecoTurf courts. This surface is the most recognized in the world, and it has been selected for many of tennis' most prestigious events. These include the US Open, the Olympics, the NCAA championships and seven of the ten US Open Series tournaments.

These courts have an unparalleled cushioned surface that is easy on the body without compromising performance. The multi-layer cushioning system maximizes comfort and provides a true bounce as well as speed consistency.

## MEMBERSHIP

An annual tennis and pickleball membership at the RVC Tennis Club is perfect for players wishing to use our indoor tennis courts and locker rooms only. Membership includes:

- One Annual Fee (adult, or junior)
- Member-Only Court Rates
- Member-Only Lessons and Clinic Rates
- 7-Day Advance Court Reservation Privileges

Annual Membership **ADULT:** \$250  
Annual Membership **JUNIOR:** \$125

## COURT RATES

Member: \$28 / 60 mins  
\$42 / 90 mins

*Members have reservation privileges. Guests may be brought in by a member. There is an additional \$10/guest fee for each non-member.*

## BALL MACHINE

*Complimentary with your court rental.*

## SAVE ON BULK LESSONS WITH ALL PROS

15 sessions - TAKE 5% OFF

30 sessions - TAKE 10% OFF

60 sessions - TAKE 15% OFF

# JUNIOR PROGRAMMING

EARLY WINTER DATES: JAN 2 - FEB 18 (7 WEEKS)  
 LATE WINTER DATES: FEB 27 - APR 22 (7 WEEKS, NO CLASSES APR 10-15)  
 SPRING DATES: APR 24 - JUN 10 (7 WEEKS, NO CLASSES MAY 29)

Our junior program is offered throughout the year allowing your children to experience consistent quality instruction and play. Our highly-qualified pros are dedicated to helping junior players of all ages and levels learn the fundamental strokes in a fun, safe environment. Whether it be a child's first time or a tournament-level player on the court, our programs are designed to enhance every participant's abilities. The programming divisions outlined below allow our pros to progress our junior players at a much faster rate.

## PROGRAMMING

### Tournament Rookies, 6 & Under

This class focuses on the basics of the game. They focus on the fundamentals of the strokes and hand eye coordination. Our use of low-compression tennis balls and modified tennis courts allows kids to have faster success. Racquet size appropriate is 21" or 23". Rallying and rules of the game are introduced.

### Tournament Stars, 9 & Under

This class focuses on the fundamentals of the game, forehand and backhand are defined. Serve and return are focused. This class is hosted on a 60-foot court and uses orange ball. Racquet size appropriate is 23" or 25". Rallying and rules of the games are emphasized. Continental grip is introduced.

### Tournament Aces, 12 & Under

This class focuses on the consistency of the game. Rallying is the focus. Spins are introduced. Playing points using serve and return is practiced. This class is hosted on a 78-foot court and uses green ball. Racquet size appropriate is 25" or 26". Continental grip is enforced.

### Tournament Training, 12 & Under ELITE, 13 - 18 years old

This class is designed for players that are starting to compete in tournaments or high school teams. It is for ages 12-18. Players should already be working on continental grip. Depending on age, yellow and green dot balls will be used. All players will work on skill development, footwork, and match tactics.

## WEEKLY SIGNUP

### Tournament Training Match Play, 12 - 18 years old, \$15M/\$25NM

Players will learn to put their skills to the test in match play situations. Singles and doubles tactics will be reviewed. Rules of tournament play will be enforced. Players must have some experience playing matches to attend.

### Tournament Stars & Aces Junior Match Play, 9 - 12 years old, \$15M/\$25NM

Players will learn to put their skills to the test in match play situations. Singles and doubles tactics will be reviewed. Rules of tournament play will be enforced. Players must have some experience playing matches to attend.

## SPECIAL EVENT

### Junior In-House Leagues, 10 - 18 years old

In-house leagues are for players wanting more play. League may be combined if there are not enough players. Juniors will play in age-appropriate leagues and court size. Players must be able to play a match unassisted. Coaches will not be present.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 9am Cardio Tennis	9:30 - 10:30am USTA Match Warmup	10am - 12pm Skillz & Drillz	9 - 10:30am Intermediate	8 - 9am Cardio Tennis	8:30 - 10am Weekend Warriors
9 - 10:30am USTA 3.0-3.5 Clinic	Times TBA USTA Matches	12 - 1pm High Intensity Cardio	9 - 10:30am USTA 4.0 Clinic	9 - 10:30am USTA 3.5 Clinic	10 - 10:45am Tournament Rookies
12 - 1pm Stroke of the Week	Times TBA Instructed Match Play	4:30 - 5:15pm Tournament Rookies	10:30am - 12pm USTA 3.0 Clinic	10:30 - 11:30am Targeted Workout	10 - 11am Tournament Stars, Aces
4:30 - 5:15pm Tournament Rookies	4:30 - 6pm Tournament Training	4:30 - 5:30pm Tournament Stars, Aces	4:30 - 6pm Tournament Training	11:30am - 12:30pm Serve & Return	11am - 12:30pm Junior Match Play
4:30 - 5:30pm Tournament Stars, Aces	6 - 7:30pm Men's and Women's Clinics	5:30 - 6:30pm Evening Cardio Tennis	6 - 7:30pm Beginners, Advanced Beginners	4:30 - 5:15pm Tournament Rookies	
5:30 - 7pm Intermediate				4:30 - 5:30pm Tournament Stars, Aces	

ADULT JUNIOR

### CANCELLATION POLICY

Classes with fewer than three participants may be subject to cancellation. In the event this occurs, we will do our best to find an alternate class. If this is not possible, a refund/credit will be applied for the cancelled portion.

# ADULT PROGRAMMING

EARLY WINTER DATES: JAN 2 - FEB 18 (7 WEEKS)  
 LATE WINTER DATES: FEB 27 - APR 22 (7 WEEKS, NO CLASSES APR 10-15)  
 SPRING DATES: APR 24 - JUN 10 (7 WEEKS, NO CLASSES MAY 29)

## PROGRAMMING

### Adult Beginner

Hoping to pick up tennis or returning to the sport after some time away? Try our adult beginner clinic which facilitates learning the basics of the game, including different stroke mechanics, and match play. Continue to focus on stroke development and rallying.

### Adult Advanced Beginners

Continue to focus on stroke development and consistency. This class focuses on scoring and point play.

### Adult Intermediate

Build up your tennis game in our intermediate clinic. This class focuses on drills and rallying to help develop skills and match tactics to take you to the next level. Improve stroke dependability, directional control, net play, and doubles strategy.

### Cardio Tennis, \$25M/\$35NM

This fun focused clinic includes hitting as many tennis balls as possible while incorporating a variety of tennis movements during a fast-paced, ball feeding drill session. Get your heart pumping and work on your tennis game all at once. This class is appropriate for players at the advanced beginner level and above.

## UPS

### Evening Cardio Tennis, \$25M/\$35NM

Come get your workout after work with this new Cardio Class. This will be a weekly sign up, so please let us know if you would like to be added to the distribution list. This will be taught by Jon Frates, our new teaching pro.

### High Intensity Cardio Tennis, \$25M/\$35NM

This class is for the players that want to keep their heart rate pumping. Very fast and intense drills incorporating footwork and point play. This class is appropriate for players fit and willing to cover the whole court. No beginners or players with limited movement.

## NING

### Stroke of the Week, \$25M/\$35NM

Each week this class will focus on a different stroke. You will learn the mechanics and techniques of the stroke, and then work with drills to implement it.

## IG

### Serve & Return, \$25M/\$35NM

This class focuses on learning new techniques of serving and returning. Serving will include flat, kick, and slice. Placement of the serve, and serve and volley. Returning will include chip charge, lobs, drop shots, drives, attacks, where to stand and much more.

## IS

### Targeted Workout (formerly Footworks), \$25M/\$35NM

We are switching gears from footworks class to targeted workout class. We will need a tennis racquet, towel, and a water bottle. Prepare to get the heart rate up and the targets down. This class will focus on learning to hit targets or areas on the court with more efficiency. This will be a weekly sign up, so please let us know if you would like to be added to the distribution list.

## LY

### Weekend Warriors, \$35M/\$45NM

This fast paced doubles clinic will get your heart rate up and learn a new doubles strategy along the way. This class focuses on implementing new doubles tactics into fun and competitive drills. This clinic is for 3.0-3.5 level players.

## EK

### Skillz & Drillz (formerly Adult Camp), \$45M/\$55NM

This is for players who want to increase their consistency skills. The first hour will focus on rallying with a specific shot that will need to be developed. The next hour will focus on implementing this new shot with fun and fast paced drills. This program will run on all 4 courts playing levels will be divided.

## EK

### Men's and Women's Clinics, \$35M/\$45NM - USTA 3.4/4.0 MENS - USTA 4.0/4.5 WOMENS

These clinics are geared for the player who has achieved stroke dependability and direction on shots within reach, including forehand and backhand volleys and doubles strategy. Emphasis will be placed on more aggressive net play, footwork skills to improve court coverage, and focus on groundstroke specifics (control, direction, and power).

## WEEKLY

### Adult Instructed Match Play, \$20M/\$30NM

3.0/3.5/4.0 instructed match play. Build your match play tactics and skills during instructed match play. Dates are TBA. Once the USTA schedules comes out, the dates will be posted.