

UBC TENNIS CENTRE

ADULT PROGRAM PATHWAYS

BEGINNERS START AT 1.0

UBC Tennis uses the NTRP rating scale.

ADULT — LEARN & PRACTICE

Learn & Practice programs feature a blend of instruction, progressions, high-volume drills, and cooperative play.

ADULT — PLAY

Play programs offer an opportunity for players to play points and compete in a fun and controlled learning environment.

ADULT — LEAGUES

Leagues are designed to offer players the opportunity to apply their skills and knowledge in structured, competitive matches.

TENNIS CANADA RATING SCALE

1.0	2.0	2.5*	3.0	3.5	4.0	4.5/5.0
Adult 1.0	Adult 2.0	Adult 2.5	Adult 3.0/3.5		Adult 4.0	
UBC Student Beginner Learn & Practice (1.0-2.0)		UBC Student Intermediate Learn & Practice (2.5+)			Adult High Performance (4.0+)	
UBC Staff & Faculty Beginner Learn & Practice (1.0-2.0)		UBC Staff & Faculty Intermediate Learn & Practice (2.5+)				
Seniors Tennis (age 55+)						
Cardio Tennis (2.5+)						
	Play Adult 2.0	Play Adult 2.5	Play Adult 3.0/3.5		Play Adult 4.0	
			Pro-Am Doubles 3.0-3.5			
			Singles League (3.0+)			



* To ensure proper placement, all participants registering for adult programs 2.5 and above will undergo a skill assessment on the first day. To avoid removal from a program, please ensure you've reviewed the self-rating guide or consulted with a tennis coach prior to program registration.

Learn more at: recreation.ubc.ca/tennis

