



USTA Chicago
2027 W. Division Street #171
Chicago, IL 60622
847.803.2382
chicago.usta.com

Position Description - Cardio Tennis Instructor

Position Overview

USTA Chicago (USTA) is partnering with the Chicago Park District (CPD) to provide tennis instruction at over 40 parks in the city of Chicago. Coaching Cardio Tennis is one opportunity for instructors.

The Cardio Tennis Instructor works alone or with other instructors to deliver a high-quality play and workout experience for athletes. Classes take place 7:30-8:30 a.m., 1:00-2:00 p.m., 6:00-7:00 p.m., and 7:00-8:00 p.m. Instruction begins the week of March 30, 2026.

All instructors are required to complete either an in-person Cardio Tennis training session or an online training available at cardiotennisinstructor.com. Additionally, new instructors may be expected to shadow a more experienced instructor as part of their onboarding. The in-person training is scheduled for Saturday, February 7, 2026 from 11:00am-7:00pm at Oak Brook Tennis Center, 1300 Forest Gate Rd, Oak Brook, IL 60523. Register [here](#). Cost of training is reimbursed upon completion of course and shadowing for instructors who run USTA Chicago classes.

Essential Duties

- Instruct adult group Cardio Tennis classes.
- Provide a welcoming, safe, and fun environment that promotes enjoying the sport for exercise and fun.
- Maintain an overall positive attitude with athletes, park staff, and co-workers.
- Remain flexible and adjust to situations as they occur, including working as a team member to help cover schedule openings and responding positively to changes and requests from Park District and USTA staff.
- Manage and maintain necessary equipment that will be in a storage box onsite.
- Prepare/review lesson plans.
- Communicate to athletes if classes have to be cancelled due to weather or court conditions.

Position Requirements

- Participate in required training, including ongoing education and peer feedback sessions.
- Periodically review information available at cardiotennisinstructor.com to continue developing skills.
- Maintain a library of games, drills, and activities for conducting class.
- Ability to follow lesson plans and adjust plans based on number of athletes.
- Ensuring and following safety measures and regulations.
- Physical ability to stand for long periods of time while on the court.
- Communicate professionally with athletes, Park District staff, and others.



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Qualifications

- Mandatory Safe Play training and background check or willingness to obtain. Safe Plan registration doesn't have a cost or special experience to obtain.
- Applicants should have previous tennis instruction or playing experience.
- Strong communication and customer relations skills.
- Punctual and reliable.
- Ability to collaborate with other instructors and volunteers.
- Must have ability to travel between Park sites as needed during the course of the summer via car or public transportation.

Reports To

Director of Park Programming

Rate of Pay

Instructor pay will be based on experience within a range of \$20 to \$35/hour. Shadowing hours will be compensated at 75% of your hourly rate.

In-person Training

Register [here!](#)

Saturday, February 7th from 11:00-7:00pm

Cost is reimbursed upon completion of all training and shadowing hours.

Application Steps

Please fill out [this application](#) and send a list of 3 references to:

Catherine Thom, Director of Park Programming

USTA Chicago

catherine.thom@midwest.usta.com