

Adult Tennis Programming

CLASS	NTRP LEVEL	CLASS DESCRIPTION	DAYS	CLASS TIMES	CLASS INTENSITY 5 ★ = Most intense	Monthly PRICING 1 or 2 times per week
Learn To Play	2.5	Learning the basics of tennis. Breaking down every shot and fun for everyone. For Beginner players!	Wednesday Saturday Sunday	5:00-6:00PM 9:00-10:00AM 2:00-3:00PM	★	4 classes / month = \$48 8 classes / month = \$96 NO DROP-INS
Power 90 Intermediate	3.0-4.0	Quick pace, great workout, with lots of situational drills/games. Allows you to experience all types of workouts, drills, and games all in one class!	Tuesday Thursday Saturday	6:00-7:30PM 6:00-7:30PM 10-11:30AM	★ ★ ★ ★	4 classes / month = \$68 8 classes / month = \$122 One time Drop-In = \$20
Power 90 Advanced	4.0+	Fast pace, high intensity, and lots of cardio vascular games. Situational drills that will keep you moving and hitting throughout the entire class.	Monday Wednesday Saturday	6:00-7:30PM 6:00-7:30PM 8:30-10:00AM	★ ★ ★ ★ ★	4 classes / month = \$68 8 classes / month = \$122 One time Drop-In = \$20
Cardio Tennis	All	Open to all levels. Cardio Vascular drills specifically designed to give you a great workout. Cones, ladders, and music to bring the class to life!	Tuesday Thursday Saturday	7:30-8:30AM 7:30-8:30AM 8:00-9:00AM	★ ★ ★ ★ ★	4 classes / month = \$48 8 classes / month = \$96 One time Drop-In = \$15
Stroke of the day	All	Each class will advertise a specific stroke that the class will be focusing on.	Tuesday Sunday	8:30-9:30AM 12:00-1:00PM	★	SIGN UP IN ADVANCE RSVP = \$12 Drop-In = \$15
Doubles Strategy Clinic 3.0+	3.0-3.5	Doubles 101. Learn positioning, shot selection, game plans, calming the nerves, and much more! Pro's will monitor match play during each clinic.	Thursday Saturday	8:30-9:30AM 4:00-5:00PM	★ ★	4 classes / month = \$48 8 classes / month = \$96 One time Drop-In = \$15
Doubles Strategy Clinic 4.0+	4.0-4.5	Advanced Doubles strategy. Learn to think and play like the Pro's. There will always be something new and unique to learn in Doubles. Don't miss out on new and innovative strategies and tactics.	Saturday Sunday	3:00-4:00PM 1:00-2:00PM	★ ★ ★	4 classes / month = \$48 8 classes / month = \$96 One time Drop-In = \$15

- All 4 week pre-paid classes **MUST** be completed within the same month of the registration date.
- Players registered are welcome to come to any day of the week listed for their specific class, but **MUST RSVP** 24 hours in advance!
- Monthly sessions begin on the first Monday of the month.
- Rain makeups must be made up within the same registration month.
- A guaranteed 6 to 1 Pro to player ratio for all classes. Therefore, there's always a possibility that Drop-ins may be turned away.