

Adult Tennis Programming

CLASS	NTRP LEVEL	CLASS DESCRIPTION	DAYS	CLASS TIMES	SESSION DATES	4 & 6 WEEK 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!	Monday Wednesday Saturday	6:30-7:30PM 6:30-7:30PM 9:00-10:00AM	#1 Aug 1 – Aug 27 #2 Aug 29 – Sept 24 #3 Sept 26 – Oct 22 #4 Oct 24 – Nov 19	ONE DAY PER WEEK ONLY 1x weekly (4 classes) = \$48.00 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!	Monday Wednesday Saturday	6:00-7:30PM 6:00-7:30PM 10-11:30AM	#1 Aug 1 – Aug 27 #2 Aug 29 – Sept 24 #3 Sept 26 – Oct 22 #4 Oct 24 – Nov 19	1x weekly (4 classes) = \$68.00 2x weekly (8 classes) = \$122.00 One time Drop-In = \$20.00
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.	Tuesday Thursday Saturday	6:00-7:30PM 6:00-7:30PM 8:30-10:00AM	#1 Aug 1 – Aug 27 #2 Aug 29 – Sept 24 #3 Sept 26 – Oct 22 #4 Oct 24 – Nov 19	1x weekly (4 classes) = \$68.00 2x weekly (8 classes) = \$122.00 One time Drop-In = \$20.00
Cardio Tennis	All	Open to all level of players. Cardio Vascular drills specifically designed to give you a great workout. Cones, ladders, and music to bring the class to life!	Tuesday Thursday Saturday	9:30-10:30AM 2:00-3:00PM 8:00-9:00AM	Begins Aug 1st	MUST SIGN UP IN ADVANCE RSVP = \$12 Drop-In = \$15
Stroke of the day	All	Each class will advertise a specific stroke that the class will be focusing on. Players will be able to focus on 1 specific stroke for the entire class.	Tuesday Sunday	11:00-12:00PM 12:00-1:00PM	Begins Aug 1st	MUST 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.	Monday Saturday	11:00-12:00PM 3:00-4:00PM	6 week sessions #1 Aug 1 – Sept 10 #2 Sept 12 – Oct 22 #3 Oct 24 – Dec 10 (No class 11/21 week)	1x weekly (6 classes) = \$72.00 2x weekly (12 classes) = \$130.00 Drop-In = \$15.00
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.	Thursday Saturday	11:00-12:00PM 4:00-5:00PM	6 week sessions #1 Aug 1 – Sept 10 #2 Sept 12 – Oct 22 #3 Oct 24 – Dec 10 (No class 11/21 week)	1x weekly (6 classes) = \$72.00 2x weekly (12 classes) = \$130.00 Drop-In = \$15.00