

ADULT PROGRAM DESCRIPTIONS
Season – Monday, August 6 – Sunday, September 23, 2018

Adult Lessons - Tennis 101:

This program is for players new to tennis or who have played very infrequently over the years. You will learn basic stroke mechanics and technique, grips, scoring, positioning and court terminology.

Monday and Wednesday: 6:00 – 7:00 p.m.

Cost (Members):

1 day per week - \$105

2 days per week - \$200

Cost (Non Members):

1 day per week - \$140

2 days per week - \$270

Drop In (Members): \$20

Drop In (Non Members): \$27

Adult Lessons – Tennis 102:

This program is for players who have gone through Tennis 101 and for those with some experience looking to get back into playing. We will build on the basic stroke mechanics and technique while developing consistency in keeping the ball in play and moving the ball around the court.

Monday and Wednesday: 7:00 – 8:00 p.m.

Cost (Members):

1 day per week - \$105

2 days per week - \$200

Cost (Non Members):

1 day per week - \$140

2 days per week - \$270

Drop In (Members): \$20

Drop In (Non Members): \$27

Daytime Clinic:

This clinic is for anyone (men and women) regardless of level. Hit a ton of balls while learning new tips and techniques.

Monday, Tuesday, Wednesday and Thursday: 9:00 – 10:30 a.m.

Cost (Members):

1 day per week - \$105

2 days per week - \$200

3 days per week - \$285

4 days per week - \$360

Cost (Non Members):

1 day per week - \$154

2 days per week - \$293

3 days per week - \$417

4 days per week - \$526

Drop In (Members): \$20

Drop In (Non Members): \$27

Men's Clinic:

This clinic is for men rated 3.0 – 4.5 and women rated 4.0 and above. Work on all your strokes in a fast-paced environment with a combination of singles and doubles drills and games.

Monday and Wednesday: 6:00 – 8:00 p.m.

Cost (Members):

1 day per week - \$140

2 days per week - \$260

Cost (Non Members):

1 day per week - \$189

2 days per week - \$351

Drop In (Members): \$25

Drop In (Non Members): \$32

Women's Clinic:

This clinic is for women rated 2.5 – 4.0. Work on all your strokes in a fast-paced environment with a combination of singles and doubles drills and games.

Tuesday and Thursday: 6:00 – 7:30 p.m.

Cost (Members):

1 day per week - \$105

2 days per week - \$200

Cost (Non Members):

1 day per week - \$154

2 days per week - \$293

Drop In (Members): \$20

Drop In (Non Members): \$27

Cardio Tennis:

Enjoy a heart-pumping workout and hit balls continuously. Improve your fitness and your tennis simultaneously.

Saturday: 7:00 – 8:00 a.m.

Cost (Members):

1 day per week - \$70

2 days per week - \$130

Cost (Non Members):

1 day per week - \$105

2 days per week - \$200

Drop In (Members): \$15

Drop In (Non Members): \$20

Adult Mixer:

This is a drop-in play program...pay at the door. A great way to kick-start your weekend! We'll set up matches, rotate courts and partners throughout the morning. Balls will be provided.

Sunday: 2:00 – 4:00 p.m.

Cost (Members):

\$5/week

Cost (Non Members):

\$15/week