

2023

ADULT PROGRAM

1.9.23-5.21.23

Shot of the Week Fridays 10:30AM-11:30AM

Shot of the week-Each week one of our tennis professionals will introduce a specific shot that you will key in on for the entire lesson. This shot will be broken down technique wise, we will work on consistency teaching spin and all the nuances of that shot. All levels welcome to this drill. **COED, \$20**

2.5 Tennis Drill Fridays 9:00AM-10:30AM

Learn to judge where the ball is going and improve court coverage. Participants should be able to sustain a short slow-paced rally with other players of the same ability. **COED, \$25**

3.0 Tennis Drill Tuesdays 9:00AM-10:30AM

Consistent players with some directional intent, lacks depth and control. Participants should be able to sustain medium paced rally and approach the net when a point dictates. **COED, \$25**

3.5 Tennis Drill Mondays 9:30AM-11:00AM

Players have improved consistency and variety on moderate shots with directional control. Starting to serve with power and control and developing spin. Participants should have improved court coverage and starting to look for opportunities to come to net and win points. Developing teamwork in doubles. **COED, \$25**

4.0 Tennis Drill Tuesdays 9:00AM-10:30AM

Good consistency hits with depth and control, developing topspin on groundstrokes. Participants can hit spin on second serves, strong volleys on both sides, starting to play higher % tennis. **COED, \$25**



SIGN UP FOR CLASSES USING THE MEMBER PORTAL

2023 ADULT PROGRAM CONT.

1.9.23-5.21.23



Cardio Tennis Wednesday 8:30AM-9:30AM

not for the faint of heart, hit more balls in an hour then you have ever hit before, music and tennis what a hit.

COED, \$20

Singles Drill Thursdays 10:30AM-12:00PM

Learn strategy and how to play the game of singles, this is a singles specific drill so if you are seeking doubles this not the drill for you.

COED, \$25

3.0-3.5 Tennis Drill Saturday 9:00AM-10:30AM

If you are rated 3.0 or 3.5 this is the drill for you. **COED, \$25**

3.5+ Tennis Drill Saturday 10:30AM-12:00PM

If you are rated 3.5 and you think you should be playing 4.0 this is the drill for you. Rating 4.0 and above is recommended from this class.

COED, \$25

High Adrenaline Sundays 8:30AM-10:00AM

This drill is nicknamed the "grind", if you are not willing to work hard stay at home. This is an all-level drill, everyone is welcome.

COED, \$25

SIGN UP FOR CLASSES USING THE MEMBER PORTAL