

# Weekly Drop-In Tennis

Ball Machine	Stroke of the Week	Beginner Cardio Tennis	Doubles/Singles	Adult Drop-In	Cardio Tennis
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00-1:00pm Stroke of the Week	9:00-10:00am Cardio Tennis	9:00-10:00am Women's Singles Drills	8:30-9:30am Cardio Tennis	9:00-10:00am Ball Machine Clinic
		10:30-11:30am Ball Machine	10:00-11:00am Men's Doubles Drills	10:30-11:30am Adult Beginner Tennis	10:00-11:00am Cardio Tennis
				11:30am-12:30pm Ball Machine Clinic	
6:00pm-7:00pm Co-Ed Adult Singles	7:00-8:00pm Adult Intermediate	6:00-7:00pm Next Level	6:00-7:00pm Ball Machine Clinic		
7:00-8:00pm Beginner Cardio Tennis		6:00-7:00pm Ball Machine Clinic	7:00-8:00pm Cardio Tennis		
		7:00-8:00pm Cardio Tennis			

## Class Descriptions

**Ball Machine**- Best class for improving ball striking ability. Non-stop hitting for 60 minutes while working on technique. Open to all skill levels.

**Stroke of the Week** - Perfect a new stroke each week to open up new court tactics. Class will consist of drills and point play.

**Beginner Cardio Tennis** -Drills and point play designed specifically for players just starting out.

**Doubles/Singles Drills**- Fast paced game-based drills and point play. Each class will either focus on singles or doubles strategies.

**Adult Intermediate**- This class focuses on intermediate skills like utilizing spin and developing offensive shots.

**Cardio Tennis** - A combination of 30 minutes of fast-moving drills followed by 30 minutes of singles/doubles point play. Burn a few hundred calories on the court!

**Next Level** - This is the next step up from a beginner level.

**Adult Beginner** - This is a great class to learn the basics of tennis including strokes, rules, and scoring.

**Co-Ed Adult Singles**- One of our classes that incorporates serving. This class consists of competitive game play while allowing participants to rotate.

Beginner/Cardio Tennis      \$15 Member/\$20 Non-Member  
All Other Programs      \$16 Member/\$20 Non-Member

