

# ADULT TENNIS - WINTER 2018 CLINICS

ADVANCED COMPETITIVE DOUBLES	Session	DURATION	
Saturdays 9:00 - 10:30 AM M: \$110 / NM \$140	1/20 - 3/10	8 Weeks	
INTERMEDIATE COMPETITIVE DOUBLES	SESSION	DURATION	
Saturdays 10:30 - 12 PM M: \$110 / NM \$140	1/20 - 3/10	8 Weeks	
ADULT BEGINNERS CLASS	SESSION 1	SESSION 2	DURATION
Saturdays 9-10:30 AM M: \$90 / NM \$100	1/13 - 2/17	2/24 - 3/31	6 Weeks
Wednesdays 10:30-11:30 AM M: \$60 / NM \$70	1/10 - 2/14	2/21 - 3/28	6 weeks



## SKILLS CLINICS

**ADVANCED SIGN-UP REQUIRED. MEMBERS MAY SIGN UP ANYTIME. NON-MEMBERS MAY SIGN UP THE DAY BEFORE.**

### (NEW!) TENNIS 101

Drop-in doubles class perfect for beginners or seasoned players looking for a refresher.

**Tuesdays 9:30 am-10:30 am**

**Fees: Members \$7 / Non-Members \$12**

### H.I.T.S (HIGH INTENSITY TRAINING SESSION)

Mondays 9:30-10:30am (3.0 level and below)

Tuesdays 8:00-9:00pm (ALL Levels)

Wednesdays 9:30-10:30am (3.5 level and above)

**Fees: Members \$10 / Non-Members \$15**

*Max of 8 per class. Members may sign up anytime.*

*Non-Members may sign up the day before.*

### TENNIS SOCIALS

Saturdays: 1/6, 2/3 and 3/3: 6-11 pm

**Fees: Members \$12 / Non-Members \$17**

### THURSDAY DRILLS

Thursdays: 9:30-10:30 am

**Fees: Members \$7 / Non-Members \$12**

### TENNIS PERSONAL TRAINING

Days and Times: Anytime (30 minutes - 2 hours)

Book with any of our Tennis Instructors.

### CARDIO TENNIS

Mondays & Wednesdays 6:30 pm-7:30 pm

Fridays 9:30 am-10:30 am

**Fees: Members \$7 / Non-Members \$12**

*Members may call to sign up anytime. Non-Members may sign up the day before.*

### SENIOR TENNIS

Mondays & Fridays 1 pm-3 pm

Wednesdays 11:30 pm-1:30 pm

**Fees: Members \$5 / Non-Members \$8**

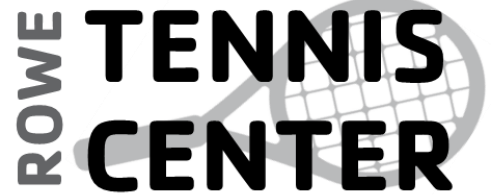
*Space is limited. Y-members may sign-up anytime. Non-Members may sign-up the day before.*

### PICKLE BALL IN THE GYM

Mondays & Thursdays 1:00 - 3 pm

**Fees: Members Free / Non-Members \$5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H.I.T.S. 9:30-10:30 AM (3.0 level and below)	<b>(New) Tennis 101</b> 9:30-10:30 AM	H.I.T.S. 9:30-10:30 AM (3.5 level and above)	Thursday Drills 9:30-10:30 AM	Cardio Tennis 9:30-10:30 AM
Senior Tennis 1- 3 PM Pickleball (Gym) 1-3 PM	H.I.T.S. 8-9 PM (All Levels)	Senior Tennis 11:30-1:30 PM	Pickleball (Gym) 1-3 PM	Senior Tennis 1-3 PM
Cardio Tennis 6:30-7:30 PM		Cardio Tennis 6:30-7:30 PM		



# YOUTH CLINICS - WINTER 2018

## SHORT SHOTS: Ages: 5 & 6

Members: \$30 / Non-Members: \$40	Session 1	Session 2	Duration
Mondays 4:30-5 PM	1/8 - 2/12	2/19 - 3/26	6 weeks
Wednesdays 4:30-5 PM	1/10 - 2/14	2/21 - 3/28	6 weeks
Saturdays 9-9:30 AM	1/13 - 2/17	2/24 - 3/31	6 weeks

## QUICK START BEGINNER TENNIS: Ages: 7-10

Members: \$60 / Non-Members: \$70	Session 1	Session 2	Duration
Saturdays 9:30-10:30 AM	1/13 - 2/17	2/24 - 3/31	6 weeks

## QUICK START INTERMEDIATE TENNIS: Ages: 7-10

Members: \$60 / Non-Members: \$70	Session 1	Session 2	Duration
Saturdays 10:30-11:30 AM	1/13 - 2/17	2/24 - 3/31	6 weeks

## QUICK START TENNIS COMBINATION: Ages: 7-10

Members: \$60 / Non-Members: \$70	Session 1	Session 2	Duration
Mondays 5-6 PM	1/8 - 2/12	2/19 - 3/26	6 weeks
Wednesdays 5-6 PM	1/10 - 2/14	2/21 - 3/28	6 weeks

## BEGINNER/ADVANCED BEGINNER JR TENNIS: Ages: 11-16

Members: \$60 / Non-Members: \$70	Session 1	Session 2	Duration
Tuesdays 4-5 PM	1/9 - 2/13	2/20 - 3/27	6 weeks
Thursdays 4-5 PM	1/11 - 2/15	2/22 - 3/29	6 weeks
Saturdays 10:30-11:30 AM	1/13 - 2/17	2/24 - 3/31	6 weeks

## INTERMEDIATE/ADVANCED JR TENNIS: Ages: 11-18

Members: \$60 / Non-Members: \$70	Session 1	Session 2	Duration
Tuesdays 5-6 PM	1/9 - 2/13	2/20 - 3/27	6 weeks
Thursdays 5-6 PM	1/11 - 2/15	2/22 - 3/29	6 weeks
Saturdays 11:30-12:30 PM	1/13 - 2/17	2/24 - 3/31	6 weeks

## WINTER JUNIOR LEAGUE: Ages 13 - 18

Members: \$120 / Non-Members: \$140	Session Dates	Duration
Saturdays 12:30 - 2:00 PM	1/13 - 3/3	8 weeks

