



ROWE TENNIS CENTER

ADULT TENNIS - SPRING 2018

CLINICS

ADULT BEGINNERS CLASS	Session 1	Session 2	Duration
Saturdays 9:30-10:30 AM M: \$50 / NM \$60	4/14-5/12	5/19-6/16	5 Weeks
All classes please call or sign up at the desk!			



DROP-IN & SKILLS CLASSES

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: 4/7, 5/5 and 6/2: 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
 Tuesdays & 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.

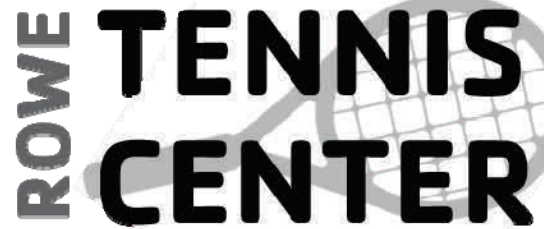
SENIOR TENNIS

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 reserve after 5:30pm the evening prior (3:00pm on Sundays).
 Non-Members may reserve after 9am same day.

PICKLE BALL IN THE GYM

Mondays & Thursdays 1:30 - 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) Senior Tennis 1-3 PM Pickleball (Gym) 1:30-3 PM Cardio Tennis 6:30-7:30 PM	Tennis 101 9:30-10:30 AM	H.I.T.S. 9:30-10:30 AM (3.5 level and above) Senior Tennis 11:30-1:30 PM Cardio Tennis 6:30-7:30 PM	Thursday Drills 9:30-10:30 AM Pickleball (Gym) 1:30-3 PM	Cardio Tennis 9:30-10:30 AM Senior Tennis 1-3 PM



YOUTH CLINICS - SPRING 2018

SHORT SHOTS: Ages: 5 & 6

Members: \$25 / Non-Members: \$35	Session 1	Session 2	Duration
Mondays 4:30-5 PM	4/9-5/7	5/14-6/11	5 Weeks
Wednesdays 4:30-5 PM	4/11-5/9	5/16/6/13	5 Weeks
Saturdays 9-9:30 AM	4/14-5/12	5/19-6/16	5 Weeks

QUICK START BEGINNER TENNIS: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Duration
Saturdays 9:30-10:30 AM	4/14-5/12	5/19-6/16	5 Weeks

QUICK START INTERMEDIATE TENNIS: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Duration
Saturdays 10:30-11:30 AM	4/14-5/12	5/19-6/16	5 Weeks

QUICK START TENNIS COMBINATION: Ages: 7-10

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Duration
Mondays 5-6 PM	4/9-5/7	5/14-6/11	5 Weeks
Wednesdays 5-6 PM	4/11-5/9	5/16-6/13	5 Weeks

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

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Duration
Tuesdays 4-5 PM	4/10-5/8	5/15-6/12	5 Weeks
Thursdays 4-5 PM	4/12-5/10	5/17-6/14	5 Weeks
Saturdays 10:30-11:30 AM	4/14-5/12	5/19-6/16	5 Weeks

INTERMEDIATE/ADVANCED JR TENNIS: Ages: 11-18

Members: \$50 / Non-Members: \$60	Session 1	Session 2	Duration
Tuesdays 5-6 PM	4/10-5/8	5/15-6/12	5 Weeks
Thursdays 5-6 PM	4/12-5/10	5/17-6/14	5 Weeks
Saturdays 11:30-12:30 PM	4/14-5/12	5/19-6/16	5 Weeks

