



Adult Programs

(Sept 6-May 15, 2016/2017)

Adult Excellence Training (AET)

Tom Gorman - Director

Participants will enjoy fast/slow paced drills and games focusing on proper stroke technique, court positioning and strategy. Please call the club or stop by the front desk to hold your spot. Weekly sign up. Limited space available.

Level	Day	Time	Fee	Guest Fee
3.0/3.5	Thursday	9:00-10:30 am	\$22.50	\$5.00
4.0/4.5	Tuesday	8:00-9:30 pm	\$22.50	\$5.00

Open Clinic

Mike Ridener – Director

Participants will enjoy fast paced drills and games focusing primarily on doubles strategy and positioning. Competitive games and situational point play is the dominant format of this clinic. Please call the club or stop by the front desk to hold your spot. Weekly sign up. Limited space available.

Level	Day	Time	Fee	Guest Fee
3.5/4.0	Friday	9:00-11:00 am	\$30.00	\$5.00

Cardio Tennis

Participants will enjoy fast paced drills and games designed to elevate the heart rate. Please call the club or stop by the front desk to hold your spot. Weekly sign up. Limited space available.

Level	Day	Time	Fee	Guest Fee
All	Mon/Wed	8:00-9:30 pm	\$24.00	\$5.00