

Adult Programming

May 2020

No class May 22 - 25

Please sign up ahead of time for classes.

Reserve your spot 8 days ahead online or by call-ins only.

Please take note the level of play for each class.

Summer Programming Schedule will be available May 18th.

Adult Academy:

We are taking Tuesday/Saturday morning fitness to another dimension! By combining match play oriented drills with an emphasis on skill set repetition, this class is for those looking to raise the bar. Every week provides a unique opportunity to hone in on tennis fundamentals while competitive games and fitness training to make this class fun! Come ready to be challenged both physically and mentally! Classes are open to men and women.

- **All levels Tuesday from 6:30 a.m. – 7:30 a.m.**
- **All levels Thursday 6:30 a.m. – 7:30 a.m.**
- **USTA 3.0 - 3.5 Saturday from 8:00 a.m. – 9:00 a.m.**
- **USTA 4.0 - 4.5 Saturday from 10:00 a.m. – 11:00 a.m.**

College Game Day:

As the name implies, game on! Fast paced, totally game oriented structure similar to what might be seen in a more competitive/advanced practice setting. A fun class format with lots of movement. Classes are open to men and women.

- **USTA 3.0 – 3.5 Monday from 7:30 a.m. – 8:30 a.m.**
- **USTA 3.5+ Tuesday from 12:00 p.m. – 1:00 p.m.**
- **USTA 2.5 Wednesday from 7:30 a.m. – 8:30 a.m.**
- **USTA 4.0 Thursday from 12:00 p.m. – 1:00 p.m.**
- **USTA 4.5+ Friday from 12:00 – 1:00 p.m. *Invite Only - please call the front desk to get pro approval****

Ladies Excellence:

The excellence program focuses on teaching the fundamentals that will make you a better match player. All drills and competition concentrate on teaching the skills and concepts necessary to construct better points. The pace of practice will be quick in order to provide a quality workout. Anyone not rated will need to be evaluated.

- **White Tencap Monday from 8:30 a.m. – 9:30 a.m.**
- **Purple/Orange Tencap Monday from 12:00 p.m. – 1:00 p.m.**
- **Orange Tencap Tuesday from 8:30 a.m. – 9:30 a.m.**
- **Yellow Tencap Wednesday from 8:30 a.m. – 9:30 a.m.**
- **Green Tencap Thursday from 8:30 a.m. – 9:30 a.m.**
- **Intro to Excellence/Purple Friday from 8:30 a.m. – 9:30 a.m.**
- **All levels Saturday from 11:00 a.m. – 12:00 p.m.**

Men's Training:

Join us Saturdays for an intense class of drills, competitive games and situational match play. All levels invited. Groups will be divided according to ability. This clinic is designed for the player that plans to compete in leagues and tournaments.

- **USTA 3.5 and up Saturday 9:00 a.m. – 10:00 a.m.**

Mixed Hitting:

This class is a combination of point play direction, movement skills and of course, an abundance of reps for each pattern introduced. The class evolved from the situational match play format, and has expanded to focus more on point development. As the name implies, the "mix" here refers not only to both ladies and gentleman are invited, but also to the fact that drilling and point play are the focus. A fun class for those looking for a complete tennis workout.

- **USTA 4.0 and up Wednesday from 6:00 p.m. – 7:00 p.m.**
- **USTA 3.0 – 3.5 Thursday from 6:00 pm. – 7:00 p.m.**

Ultimate Cardio:

This class combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Lots of ball feeding and dynamic, competitive game play.

- **Tuesday from 7:30 a.m. – 8:30 a.m.**
- **Wednesday from 12:00 p.m. – 1:00 p.m.**
- **Thursday from 7:30 a.m. – 8:30 a.m.**
- **Friday from 12:00 p.m. – 1:00 p.m.**

Men's Doubles League:

This is the perfect solution for the weekend warrior and includes a fun group of men that want to compete. We have offered this program since the club opened and it has been a huge success! This is not a drop-in.

If you are interested in joining, please contact Tammy Jordan at tjordan@elitetennisandwellness.com.

- **USTA 3.0 Sunday 8:00 a.m.**
- **USTA 3.5 Sunday 1:30 p.m.**
- **USTA 4.0 Sunday 3:30 p.m.**
- **USTA 4.5+ Thursday 7:30 p.m.**