

# Adult Programming

## August 17 – November 21

No programming September 4 - 7 & October 26 – November 1

Please sign up ahead of time for classes.

Reserve your spot 8 days ahead online or calling front desk.

Please take note the level of play for each class.

### Class Descriptions:

#### Adult Academy:

We are taking 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. Come ready to be challenged both physically and mentally! Classes are open to men and women.

#### 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.

#### 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.

#### Ladies Matchplay:

Matchplay focuses on working using the skills learned in ladies excellence and taking it to your match. Coached play will help take your game to the next level! Anyone not rated will need to be evaluated.

#### Men's Training:

Join us Saturdays for an intense class of drills, competitive games and situational match play. Levels 3.5 and up are invited. Groups will be divided according to ability. This clinic is designed for the player that plans to compete in leagues and tournaments.

#### 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.

### Adult Leagues:

#### 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.

- **USTA 3.0 Sunday 8:00 – 10:00 a.m.**
- **USTA 3.5 Sunday 1:30 – 2:30 p.m.**
- **USTA 4.0 Sunday 3:30 – 5:30 p.m.**
- **USTA 4.5+ Thursday 7:30 – 9:30 p.m.**

#### Ladies' Doubles League:

This is the perfect solution to having social, yet competitive tennis. A great way to meet ladies who play at your level. This is not a drop-in.

- **USTA 2.5 Sunday 7:30 p.m. – 9:30 p.m.**
- **USTA 3.0 Sunday 5:30 p.m. – 7:30 p.m.**
- **USTA 3.5 Sunday 5:30 p.m. – 7:30 p.m.**
- **USTA 4.0 Wednesday 8:00 p.m. – 10:00 p.m.**
- **USTA 4.5 Wednesday 7:00 p.m. - 9:00 p.m.**

If you are interested in joining a league, please contact Tammy Jordan at [tjordan@elitetenisandwellness.com](mailto:tjordan@elitetenisandwellness.com).

#### Mixed Doubles:

If you're looking for a fun social Friday night of mixed doubles this is the perfect opportunity. Sign up with the partner of your choice or let us know if you need one. Please contact Ron Woolford: [rwoolford@elitetenisandwellness.com](mailto:rwoolford@elitetenisandwellness.com) to sign up!

See back for class schedule →

2.5	<p><b>Monday</b> from 11:00 a.m. – 12:00 p.m. <i>Ladies Excellence: Purple Tencap</i></p> <p><b>Monday</b> from 6:00 p.m. – 7:00 p.m. <i>College Game Day: Beginner 2.5 - 3.0</i></p> <p><b>Tuesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Tuesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Tuesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: Beginner 2.5 - 3.0 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Wednesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Thursday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Thursday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 2.5 - 3.0</i></p> <p><b>Saturday</b> from 8:00 a.m. – 9:00 a.m. <i>Adult Academy: USTA 3.0 - 3.5</i></p> <p><b>Saturday</b> from 11:00 a.m. – 12:00 p.m. <i>Adult Excellence Beginner: 2.5 - 3.0</i></p>
3.0	<p><b>Monday</b> from 6:00 p.m. – 7:00 p.m. <i>College Game Day: Beginner 2.5 - 3.0</i></p> <p><b>Tuesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Tuesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Tuesday</b> from 9:00 a.m. – 10:00 a.m. <i>Ladies Excellence: Orange Tencap</i></p> <p><b>Tuesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: Beginner 2.5 - 3.0 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Wednesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Wednesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 3.0 - 3.5 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 3.0 - 3.5</i></p> <p><b>Thursday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Thursday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 2.5 - 3.0</i></p> <p><b>Saturday</b> from 8:00 a.m. – 9:00 a.m. <i>Adult Academy: USTA 3.0 - 3.5</i></p> <p><b>Saturday</b> from 11:00 a.m. – 12:00 p.m. <i>Adult Excellence Beginner: USTA 2.5 - 3.0</i></p> <p><b>Saturday</b> from 12:00 p.m. – 1:00 p.m. <i>Ladies Excellence USTA 3.0 - 3.5</i></p>
3.5	<p><b>Tuesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Tuesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Tuesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 3.5 - 4.0 (twice a month/see schedule online)</i></p> <p><b>Tuesday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 3.5-4.0</i></p> <p><b>Wednesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Wednesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Wednesday</b> from 9:00 a.m. – 10:00 a.m. <i>Ladies Excellence: Yellow Tencap</i></p> <p><b>Wednesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 3.0 - 3.5 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 3.0 - 3.5</i></p> <p><b>Thursday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Thursday</b> from 9:00 a.m. – 10:00 a.m. <i>Ladies Excellence: Green Tencap</i></p> <p><b>Thursday</b> from 6:00 pm. – 7:00 p.m. <i>College Game Day: USTA 3.5-4.0</i></p> <p><b>Saturday</b> from 8:00 a.m. – 9:00 a.m. <i>Adult Academy: USTA 3.0 - 3.5</i></p> <p><b>Saturday</b> 9:00 a.m. – 10:00 a.m. <i>Men's Training: USTA 3.5 and up</i></p> <p><b>Saturday</b> from 12:00 p.m. – 1:00 p.m. <i>Ladies Excellence USTA 3.0 - 3.5</i></p>
4.0	<p><b>Monday</b> from 10:00 a.m. – 11:00 a.m. <i>Ladies Excellence: White Tencap</i></p> <p><b>Tuesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Tuesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Tuesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 3.5 - 4.0 (twice a month/see schedule online)</i></p> <p><b>Tuesday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 3.5-4.0</i></p> <p><b>Wednesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Wednesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Wednesday</b> from 9:00 a.m. – 10:00 a.m. <i>Ladies Excellence: Yellow Tencap</i></p> <p><b>Wednesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 4.0 - 4.5 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 6:00 p.m. – 7:00 p.m. <i>College Game Day: USTA 4.0 and up</i></p> <p><b>Thursday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Thursday</b> from 6:00 pm. – 7:00 p.m. <i>College Game Day: USTA 3.5-4.0</i></p> <p><b>Saturday</b> 9:00 a.m. – 10:00 a.m. <i>Men's Training: USTA 3.5 and up</i></p> <p><b>Saturday</b> from 10:00 a.m. – 11:00 a.m. <i>Adult Academy: USTA 4.0 - 4.5</i></p>
4.5	<p><b>Monday</b> from 10:00 a.m. – 11:00 a.m. <i>Ladies Excellence: White Tencap</i></p> <p><b>Monday</b> from 12:00 p.m. - 1:00 p.m. <i>Ladies Excellence: Red Tencap/USTA 4.5 and up</i></p> <p><b>Tuesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Tuesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Wednesday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Wednesday</b> from 7:30 a.m. – 8:30 a.m. <i>Ultimate Cardio: All levels</i></p> <p><b>Wednesday</b> from 10:00 a.m. – 11:30 a.m. <i>Ladies Matchplay: 4.0 – 4.5 (twice a month/see schedule online)</i></p> <p><b>Wednesday</b> from 6:00 p.m. – 7:00 p.m. <i>College Game Day: USTA 4.0 and up</i></p> <p><b>Thursday</b> from 6:30 a.m. – 7:30 a.m. <i>Adult Academy: All levels</i></p> <p><b>Friday</b> from 12:00 p.m. – 1:00 p.m. <i>College Game Day 4.5+ (Invite Only)</i></p> <p><b>Saturday</b> 9:00 a.m. – 10:00 a.m. <i>Men's Training: USTA 3.5 and up</i></p> <p><b>Saturday</b> from 10:00 a.m. – 11:00 a.m. <i>Adult Academy: USTA 4.0 - 4.5</i></p>