



Adult Programming March 22 – May 21

Class Descriptions:

Limit of 2 classes/week unless spots open same day. Please sign up ahead of time for classes. Reserve your spot 8 days ahead online or by call-ins only.

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| 1500: | An awesome addition to your cardio workout! You'll hit 1,500 balls with pro-led instruction leaving you sweating like crazy. Mixed. |
| Adult Academy: | Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally! Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed. |
| College Game Day: | Game-on with a fast-paced, game-oriented structure in a competitive setting. Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed. |
| EliteStart 2.0: | A great transition class for our recent EliteStart graduates and for those wanting to work their strokes prior to entering mainstream classes. Mixed. |
| Ladies Excellence: | Focuses on skills to make you a better match player. Gain skills necessary to construct better points. Anyone not rated will need to be evaluated. |
| Men's Training: | An intense class of drills, competitive games, and situational match play. Designed for the player who plans to compete in leagues and tournaments. |
| Serve & Return: | This slower-paced class will detail how to improve key elements of the game: your serve and return. Mixed. |
| Shot of the Week: | Pros choose a skill to incorporate into your match play and build on week-to-week into your competitive play. Specifically target technical, tactical, and mental areas of focus needed to reach your next playing level. Mixed. |
| Triples: | If you've never played triples, now is the time to try it out! Get ready for fast-paced, competitive play. Fun for all levels! Mixed. |

Adult Leagues:

If you are interested in joining a league, please contact Tammy Jordan at tjordan@elitetennisandwellness.com. All league play is free to *inclusive* members.

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| Men's Doubles League: | <p>Level-specific fun for men who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> • USTA 3.0 Sunday 8:00 a.m. – 10:00 a.m. • USTA 3.5 Sunday 10:00 a.m. – 12:00 p.m. • USTA 4.0 Sunday 3:30 p.m. – 5:30 p.m. • USTA 4.5+ Thursday 7:00 p.m. – 8:30 p.m. |
| Ladies' Doubles League: | <p>Level-specific fun for ladies who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> • USTA 2.5 Sunday 3:30 p.m. – 5:30 p.m. • USTA 3.0 Sunday 5:30 p.m. – 7:30 p.m. • USTA 3.5 Sunday 4:00 p.m. – 6:00 p.m. • USTA 3.5 - 5.0 Tri-level League Tuesday 7:00 p.m. – 9:00 p.m. |
| Mixed Doubles: | <p>Join us for fun, social Friday nights of mixed doubles! Sign up with the partner of your choice or let us know if you need one. Please contact Ron Woolford at woolford@elitetennisandwellness.com for help getting a partner!</p> |

See back for class schedule →

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|--|---|---|---|--|---|
| 2.0/ EliteStart | 10:00-11:00am: Ladies Excellence 4:00-5:00pm: 1500 7:00-8:00pm: EliteStart 2.0 | 12:00-1:00pm: 1500 5:00-6:00pm: Shot of the Week | 6:30-7:30am: Adult Academy 10:00-11:00am: Elite Start 2.0 7:00-8:00pm: EliteStart 2.0 | | 10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week 1:00-2:00pm: Serve & Return | 12:00-1:00pm: Adult Academy |
| 2.5 | 10:00-11:00am: Ladies Excellence Purple 4:00-5:00pm: 1500 6:00-7:00pm: College Game Day | 12:00-1:00pm: 1500 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week | 6:30-7:30am: Adult Academy | 12:00-1:00pm: Triples | 10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week 1:00-2:00pm: Serve & Return | 12:00-1:00pm: Adult Academy |
| 3.0 | 4:00-5:00pm: 1500 6:00-7:00pm: College Game Day | 6:30-7:30am: Adult Academy 9:00-10:00am: Ladies Excellence 12:00-1:00pm: 1500 4:00-5:00pm: Triples 5:00-6:00pm: Shot of the Week 6:00-7:00pm: College Game Day | 6:30-7:30am: Adult Academy | 6:30-7:30am: Adult Academy 12:00-1:00pm: Triples | 10:00-11:00am: 1500 11:00-12:00pm: Shot of the Week 1:00-2:00pm: Serve & Return | 8:00-9:00am: Adult Academy 11:00-12:00pm: Ladies Academy |
| 3.5 | 4:00-5:00pm: 1500 5:00-6:00pm: Shot of the Week | 6:30-7:30am: Adult Academy 12:00-1:00pm: 1500 4:00-5:00pm: Triples 6:00-7:00pm: College Game Day | 12:00-1:00pm: Shot of the Week | 6:30-7:30am: Adult Academy 9:00-10:00am: Ladies Excellence 12:00-1:00pm: Triples 6:00-7:00pm: College Game Day | 10:00-11:00am: 1500 1:00-2:00pm: Serve & Return | 8:00-9:00am: Adult Academy 9:00-10:00am: Men's Training 11:00-2:00pm: Ladies Academy |
| 4.0 | 4:00-5:00pm: 1500 5:00-6:00pm: Shot of the Week | 6:30-7:30am: Adult Academy 12:00-1:00pm: 1500 4:00-5:00pm: Triples | 9:00-10:00am: Ladies Excellence 12:00-1:00pm: Shot of the Week 6:00-7:00pm: College Game Day | 6:30-7:30am: Adult Academy 12:00-1:00pm: Triples 6:00-7:00pm: College Game Day | 10:00-11:00am: 1500 1:00-2:00pm: Serve & Return | 9:00-10:00am: Men's Training 10:00-11:00am: Adult Academy |
| 4.5 | 11:00-12:00pm: Ladies Excellence White & Red 4:00-5:00pm: 1500 5:00-6:00pm: Shot of the Week | 6:30-7:30am: Adult Academy 12:00-1:00pm: 1500 4:00-5:00pm: Triples | 12:00-1:00pm: Shot of the Week 6:00-7:00pm: College Game Day | 6:30-7:30am: Adult Academy 12:00-1:00pm: Triples 6:00-7:00pm: College Game Day | 10:00-11:00am: 1500 12:00-1:00pm: Invite Only 4.5+ 1:00-2:00pm: Serve & Return | 9:00-10:00am: Men's Training 10:00-11:00am: Adult Academy |

Please note these breaks in programming:

- April 11th – April 16th Domes 1-6 coming down *weather-dependent*
- May 13th – 14th World Pickleball Tournament

Summer programming begins May 31, 2022.