

Adult Programming

July 7 - August 8

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.

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. 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.

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.

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.

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.

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 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.**

Ladies' Doubles League:

This is the perfect solution for the weekend warrior and includes a fun group of ladies that want to compete. This is not a drop-in.

- **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 7:30 p.m. - 9:30 p.m.**

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

See back for class schedule →

2.5

Monday from 12:00 p.m. – 1:00 p.m. *Ladies Excellence: Purple Tencap*
Monday from 6:00 p.m. – 7:00 p.m. *Mixed Hitting: Beginner 2.5 - 3.5*
Tuesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Tuesday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Wednesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Wednesday from 7:30 a.m. – 8:30 a.m. *College Game Day: USTA 2.5 - 3.0*
Thursday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Thursday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Friday from 8:30 a.m. – 9:30 a.m. *Intro to Excellence/Purple (co-ed)*
Friday from 12:00 p.m. – 1:00 p.m. *Ultimate Cardio: All levels*
Friday from 6:00 p.m. – 7:00 p.m. *Adult Academy: All levels*
Saturday from 8:00 a.m. – 9:00 a.m. *Adult Academy: USTA 2.5 - 3.5*
Saturday from 11:00 a.m. – 12:00 p.m. *Adult Excellence Beginner: 2.5 - 3.5*

3.0

Monday from 7:30 a.m. – 8:30 a.m. *College Game Day: USTA 3.0 - 3.5*
Monday from 6:00 p.m. – 7:00 p.m. *Mixed Hitting: Beginner 2.5 - 3.5*
Tuesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Tuesday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Tuesday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: Orange Tencap*
Wednesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Wednesday from 7:30 a.m. – 8:30 a.m. *College Game Day: USTA 2.5 - 3.0*
Wednesday from 12:00 p.m. – 1:00 p.m. *College Game Day: USTA 3.0 - 3.5*
Wednesday from 12:00 p.m. - 1:00 p.m. *Ladies Excellence: Orange Tencap*
Thursday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Thursday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Thursday from 6:00 pm. – 7:00 p.m. *Mixed Hitting: USTA 3.0 - 3.5*
Friday from 12:00 p.m. – 1:00 p.m. *Ultimate Cardio: All levels*
Friday from 6:00 p.m. – 7:00 p.m. *Adult Academy: All levels*
Saturday from 8:00 a.m. – 9:00 a.m. *Adult Academy: USTA 2.5 - 3.5*
Saturday from 11:00 a.m. – 12:00 p.m. *Adult Excellence Beginner: USTA 2.5 - 3.5*

3.5

Monday from 7:30 a.m. – 8:30 a.m. *College Game Day: USTA 3.0 - 3.5*
Monday from 6:00 p.m. – 7:00 p.m. *Mixed Hitting: Beginner 2.5 - 3.5*
Tuesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Tuesday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Tuesday from 12:00 p.m. – 1:00 p.m. *College Game Day: USTA 3.5*
Wednesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Wednesday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: Yellow Tencap*
Wednesday from 12:00 p.m. – 1:00 p.m. *College Game Day: USTA 3.0 - 3.5*
Wednesday from 12:00 p.m. - 1:00 p.m. *Ladies Excellence: Green Tencap*
Thursday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Thursday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Thursday from 12:00 p.m. – 1:00 p.m. *College Game Day: USTA 3.5 - 4.0*
Thursday from 6:00 pm. – 7:00 p.m. *Mixed Hitting: USTA 3.0 - 3.5*
Thursday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: Green Tencap*
Friday from 12:00 p.m. – 1:00 p.m. *Ultimate Cardio: All levels*
Friday from 6:00 p.m. – 7:00 p.m. *Adult Academy: All levels*
Saturday from 8:00 a.m. – 9:00 a.m. *Adult Academy: USTA 2.5 - 3.5*
Saturday 9:00 a.m. – 10:00 a.m. *Men's Training: USTA 3.5 and up*
Saturday from 11:00 a.m. – 12:00 p.m. *Adult Excellence Beginner: USTA 2.5 - 3.5*

4.0

Monday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: White Tencap*
Tuesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Tuesday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Wednesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Wednesday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: Yellow Tencap*
Wednesday from 6:00 p.m. – 7:00 p.m. *Mixed Hitting: USTA 4.0 and up*
Thursday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Thursday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Thursday from 12:00 p.m. – 1:00 p.m. *College Game Day: USTA 3.5 - 4.0*
Friday from 12:00 p.m. – 1:00 p.m. *Ultimate Cardio: All levels*
Friday from 6:00 p.m. – 7:00 p.m. *Adult Academy: All levels*
Saturday 9:00 a.m. – 10:00 a.m. *Men's Training: USTA 3.5 and up*
Saturday from 10:00 a.m. – 11:00 a.m. *Adult Academy: USTA 4.0 - 4.5*

4.5

Monday from 8:30 a.m. – 9:30 a.m. *Ladies Excellence: White Tencap*
Monday from 12:00 p.m. - 1:00 p.m. *Ladies Excellence: USTA 4.5 and up*
Tuesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Tuesday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Wednesday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Wednesday from 6:00 p.m. – 7:00 p.m. *Mixed Hitting: USTA 4.0 and up*
Thursday from 6:30 a.m. – 7:30 a.m. *Adult Academy: All levels*
Thursday from 7:30 a.m. – 8:30 a.m. *Ultimate Cardio: All levels*
Friday from 12:00 p.m. – 1:00 p.m. *Ultimate Cardio: All levels*
Friday from 12:00 – 1:00 p.m. *College Game Day: USTA 4.5+ Invite Only*
Friday from 6:00 p.m. – 7:00 p.m. *Adult Academy: All levels*
Saturday 9:00 a.m. – 10:00 a.m. *Men's Training: USTA 3.5 and up*
Saturday from 10:00 a.m. – 11:00 a.m. *Adult Academy: USTA 4.0 - 4.5*