

Adult Programming

January 5 – March 13

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.

Please take note the level of play for each class.



Class Descriptions:

- Adult Academy:** Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally! Mixed.
- Ball Machine Blast:** Creative use of ball machines along with pro led instruction. Fun complete tennis workout. Mixed.
- College Game Day:** Game on with a fast paced, game-oriented structure in a competitive setting. 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 that plans to compete in leagues and tournaments.
- Cardio:**
Crush: This cardio delivers the ultimate, full body, calorie burning aerobic workout.
Compete: This cardio concentrates on dynamic, competitive game/point play.
- Shot of the Week:**
Baseline: Players will focus on shots from the baseline to incorporate into your match play.
Mid-Court: Players will focus on shots at mid-court to build on week to week into your competitive play.
Net Play: Players will focus on shots at the net to improve and build on your net game.

Adult Leagues:

Men's Doubles League: This is level specific fun for men who want to compete! This is not a drop-in.

- **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 7:30 p.m. – 9:30 p.m.**

Ladies' Doubles League: This is level specific fun for ladies that want to compete! This is not a drop-in.

- **USTA 2.5 Sunday 12:00 – 1:30 p.m. / 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.**

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

Mixed Doubles: This is fun social Friday night of mixed doubles! Sign up with the partner of your choice or let us know if you need one. \$10/person. Please contact Ron Woolford at rwoolford@elitetennisandwellness.com to sign up!

See back for class schedule →

2.5	<p>Monday 11:00 a.m. – 12:00 p.m. Ladies Excellence: <i>Purple</i> Tencap Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels Monday 6:00 p.m. – 7:00 p.m. College Game Day 2.5 - 3.0 Monday 7:00 p.m. – 8:00 p.m. Cardio Compete Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Wednesday 10:00 a.m. – 11:30 a.m. 2.5 - 3.0 Ladies Match Play Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast Wednesday 7:00 p.m. – 8:00 p.m. Cardio Crush - fitness</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Thursday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 2.5 - 3.0 Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels Saturday 8:00 a.m. – 9:00 a.m. Adult Academy: USTA 3.0 - 3.5 Saturday 11:00 a.m. – 12:00 p.m. Adult Excellence Beginner: 2.5 - 3.0 Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels Sunday 11:00 a.m. – 12:00 p.m. Chief's Pre-Game Ball Machine Blast</p>
3.0	<p>Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels Monday 6:00 p.m. – 7:00 p.m. College Game Day 2.5 - 3.0 Monday 7:00 p.m. – 8:00 p.m. Cardio Compete Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Tuesday 9:00 a.m. – 10:00 a.m. Ladies Excellence: <i>Orange</i> Tencap Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Wednesday 10:00 a.m. – 11:30 a.m. 2.5 - 3.0 / 3.0 – 3.5 Ladies Match Play Wednesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.0-3.5 Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast Wednesday 7:00 p.m. – 8:00 p.m. Cardio Crush - fitness</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Thursday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 2.5 - 3.0 Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels Saturday 8:00 a.m. – 9:00 a.m. Adult Academy: USTA 3.0 - 3.5 Saturday 11:00 a.m. – 12:00 p.m. Adult Excellence Beginner: USTA 2.5 - 3.0 Saturday 12:00 p.m. – 1:00 p.m. Ladies Excellence USTA 3.0 - 3.5 Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels Sunday 11:00 a.m. – 12:00 p.m. Chief's Pre-Game Ball Machine Blast</p>
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4.0	<p>Monday 10:00 a.m. – 11:00 a.m. Ladies Excellence: <i>White</i> Tencap Monday 12:00 p.m. – 1:00 p.m. Cardio Crush: All levels Monday 7:00 p.m. – 8:00 p.m. Cardio Compete Tuesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Tuesday 10:00 a.m. – 11:30 a.m. 3.5 - 4.0 / 4.0 - 4.5 Ladies Match Play Tuesday 12:00 p.m. – 1:00 p.m. College Game Day: USTA 3.5 -4.0 Tuesday 1:00 p.m. – 2:00 p.m. Cardio Compete: All levels Tuesday 6:00 p.m. – 7:00 p.m. Shot of the Week - Baseline: All Levels Wednesday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Wednesday 9:00 a.m. – 10:00 a.m. Ladies Excellence: <i>Yellow</i> Tencap Wednesday 1:00 p.m. – 2:00 p.m. Ball Machine Blast Wednesday 6:00 p.m. – 7:00 p.m. College Game Day: USTA 4.0+ Wednesday 7:00 p.m. – 8:00 p.m. Cardio Crush - fitness</p>	<p>Thursday 6:30 a.m. – 7:30 a.m. Adult Academy: All levels Thursday 1:00 pm. – 2:00 p.m. Cardio: All levels Thursday 6:00 pm. – 7:00 p.m. College Game Day: USTA 3.5 - 4.0 Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels Saturday 9:00 a.m. – 10:00 a.m. Men's Training: USTA 3.5 and up Saturday 10:00 a.m. – 11:00 a.m. Adult Academy: USTA 4.0 - 4.5 Saturday 1:00 p.m. – 2:00 p.m. Shot of the Week – Mid-Court: All Levels Sunday 11:00 a.m. – 12:00 p.m. Chief's Pre-Game Ball Machine Blast</p>
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