

# Adult Programming

March 30 – May 23

No programming April 26 - May 2  
\* Programming is subject to change depending on the upcoming  
Tencap league session to begin May 3<sup>rd</sup>



Limit of 2 classes/week unless spots open same day.  
Reserve your spot 8 days ahead using our APP, online or calling the front desk.  
Please see our website for full class descriptions and any updated information.

## Class Descriptions:

- Adult Academy:** Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally!
- College Game Day:** Game on with a fast paced, game-oriented structure in a competitive setting.
- EliteStart 2.0:** This class is designed for our recent EliteStart graduates to build on the skills learned in the EliteStart program.
- Green Ball World Championship:** Taking Sundays to the next level by using a modified ball to increase the fun and movement factor.
- 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.
- Match41:** Combining the fun and competition of ladies matchplay with the game 41! Get ready to move fast in this class!
- 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.
- Stroke Analysis:** Work on your technique with this slower paced, instructional class.

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

**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 2:00 p.m. – 4:00 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.**

**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](mailto: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: Purple Tencap  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush  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. – 11:00 a.m. 2.5 - 3.0 Match41  Wednesday 1:00 p.m. – 2:00 p.m. Stroke Analysis  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 12:00 p.m. – 1:00 p.m. EliteStart 2.0  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. Green Ball World Championship 2.5 - 3.0</p>
3.0	<p>Monday 12:00 p.m. – 1:00 p.m. Cardio Crush  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: Orange 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. – 11:00 a.m. 2.5 - 3.0 / 3.0 – 3.5 Match41  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. Stroke Analysis  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. Green Ball World Championship 2.5 - 3.0</p>
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4.0	<p>Monday 10:00 a.m. – 11:00 a.m. Ladies Excellence: White Tencap  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush  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. – 11:00 a.m. 3.5 - 4.0   4.0 - 4.5 Match 41  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: Yellow Tencap  Wednesday 1:00 p.m. – 2:00 p.m. Stroke Analysis  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. Green Ball World Championship 3.5+</p>
4.5	<p>Monday 10:00 a.m. – 11:00 a.m. Ladies Excellence: White Tencap  Monday 12:00 p.m. – 1:00 p.m. Ladies Excellence: Red Tencap  Monday 12:00 p.m. – 1:00 p.m. Cardio Crush  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. – 11:00 a.m. 4.0 - 4.5 Match41  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. – 7:00 p.m. Adult Academy: All levels  Wednesday 1:00 p.m. – 2:00 p.m. Stroke Analysis  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  Friday 11:00 a.m. – 12:00 p.m. Shot of the Week – Net Play: All Levels  Friday 12:00 – 1:00 p.m. College Game Day: USTA 4.5+ Invite Only  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. Green Ball World Championship 3.5+</p>