



Adult Programming August 23 – December 18

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.

Adult Academy:	Match play-oriented drills with skill set repetition. Come ready to be challenged both physically and mentally! Mixed.
Cardio Compete:	This cardio delivers the ultimate full-body, calorie-burning aerobic workout while concentrating on dynamic, competitive game/point play.
College Game Day:	Game-on with a fast-paced, game-oriented structure in a competitive setting. Mixed.
EliteStart Transition:	A great transition class for our recent EliteStart graduates and for those wanting to work their strokes prior to entering mainstream classes.
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.
Shot of the Day:	Pros will choose a skill to focus on that will incorporate into your match play and build on week to week into your competitive play.

Adult Leagues:

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

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 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.
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 rwoolford@elitetennisandwellness.com for help getting a partner!</p>

See back for class schedule →

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2.5	10:00-11:00am: Ladies Excellence Purple 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day 6:00-7:00pm: EliteStart Transition	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Shot of the Day 6:00-7:00pm: EliteStart Transition 6:00-7:00pm: College Game Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete	11:00-12:00pm: Shot of The Day	11:00am-12:00pm: Adult Academy
3.0	4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day 6:00-7:00pm: College Game Day	6:30-7:30am: Adult Academy 9:00-10:00am: Ladies Excellence Orange 12:00-1:00pm: Cardio Compete 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Shot of the Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete	11:00-12:00pm: Shot of The Day	8:00-9:00am: Adult Academy 9:00-10:00am: Men's Academy 3.0+ 12:00-1:00pm: Ladies Academy
3.5	4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day 6:00-7:00pm: College Game Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	12:00-1:00pm: Shot of the Day	6:30-7:30am: Adult Academy 9:00-10:00am: Ladies Excellence Green 12:00-1:00pm: Cardio Compete 6:00-7:00pm: College Game Day	11:00-12:00pm: Shot of The Day	8:00-9:00am: Adult Academy 9:00-10:00am: Men's Academy 12:00-1:00pm: Ladies Academy
4.0	4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	9:00-10:00am: Ladies Excellence Yellow 12:00-1:00pm: Shot of the Day 6:00-7:00pm: College Game Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete 6:00-7:00pm: College Game Day	11:00-12:00pm: Shot of The Day	9:00-10:00am: Men's Academy 10:00-11:00am: Adult Academy
4.5	9:00-10:00am: Ladies Excellence White 11:00-12:00pm: Ladies Excellence 4.5-5.0 Red 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete 4:00-5:00pm: Cardio Compete 5:00-6:00pm: Shot of the Day	12:00-1:00pm: Shot of the Day 6:00-7:00pm: College Game Day	6:30-7:30am: Adult Academy 12:00-1:00pm: Cardio Compete	11:00-12:00pm: Shot of The Day 12:00-1:00pm: Invite Only 4.5+	9:00-10:00am: Men's Academy 10:00-11:00am: Adult Academy

Please note these breaks in programming:

- September 2nd – September 6th
- September 30th – October 2nd
- October 25th – November 6th
- November 21st – November 27th

Labor Day
Staff In-Service Days
Dome Construction – Specialty Clinics Available
Thanksgiving

Winter programming begins January 5th, 2022.