



## Winter Adult Programming January 2<sup>nd</sup> – March 10th

### 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-in only.

<b>2 to Get 1:</b>	Work on various formations and situational tennis in this doubles game. In order to score, teams must win both points fed in. First team to 8 wins the game! Mixed.
<b>1500:</b>	An awesome addition to your cardio workout! You'll hit 1,500 balls with pro-led instruction leaving you sweating like crazy. Mixed.
<b>EliteStart 2.0:</b>	A great transitional class for our recent EliteStart graduates and those wanting to work on their strokes prior to entering mainstream classes. Mixed.
<b>Level Up:</b>	This class specifically targets technical, tactical, and mental areas of focus needed to reach your next playing level. Work the monthly Level Up curriculum with strategic coaching.
<b>Serve &amp; Return:</b>	This slower-paced class will detail how to improve key elements of the game: your serve and return. Mixed.
<b>Shot of the Week:</b>	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. Mixed.
<b>Speed Doubles:</b>	A fast-paced doubles game where teams battle to 21 points. An excellent way to practice doubles without serve and return. Teams move up and down to play with different teammates and opponents. Mixed.
<b>Team Singles:</b>	Calling all you singles players! Focus on competitive point play with tactical coaching and shot selection. Play against different players by moving up and down court in a fun and competitive environment. Mixed.
<b>Triples:</b>	If you've never played triples, now is the time to try! 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](mailto:tjordan@elitetennisandwellness.com). All league play is free to *inclusive* members.

<b>Men's Doubles League:</b>	<p>Level-specific fun for men who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> <li>• USTA 3.0 Sunday 8:00 – 10:00am</li> <li>• USTA 3.5 Sunday 10:00 – 12:00pm</li> <li>• USTA 4.0 Sunday 3:30 – 5:30pm</li> <li>• USTA 4.5+ Thursday 7:00 – 8:30pm</li> </ul>
<b>Ladies' Doubles League:</b>	<p>Level-specific fun for ladies who want to compete! This is not a drop-in.</p> <ul style="list-style-type: none"> <li>• USTA 2.5 Sunday 3:30 – 5:30pm</li> <li>• USTA 3.0 Sunday 10:00 – 12:00pm on 1<sup>st</sup> and 3<sup>rd</sup> Sundays &amp; 4:00-6:00pm on 2<sup>nd</sup> and 4<sup>th</sup> Sundays</li> <li>• USTA 3.5 Sunday 4:00 – 6:00pm on 1<sup>st</sup> and 3<sup>rd</sup> Sundays &amp; 10:00-12:00pm on 2<sup>nd</sup> and 4<sup>th</sup> Sundays</li> </ul>
<b>Mixed Doubles:</b>	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 <a href="mailto:rwoolford@elitetennisandwellness.com">rwoolford@elitetennisandwellness.com</a> for help getting a partner.

See back for class schedule →

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2.0/ EliteStart</b>	9:00-10:00am: Purple Women Level Up  7:00-8:00pm: EliteStart 2.0	6:30-7:30am: 1500	EliteStart 2.0 10:00-11:00am  12:00-1:00pm: 1500	6:30-7:30am: 1500  6:00-7:00pm: Matchplay Prep	11:00-12:00pm: 1500	12:00-1:00pm: Level Up Camp
<b>2.5</b>	9:00-10:00am: Purple Women Level Up  7:00-8:00pm: Triples	6:30-7:30am: 1500  12:00-1:00pm: Triples  6:00-7:00pm: Level Up  7:00-8:00pm: Shot of the Week	6:30-7:30am: Team Singles  12:00-1:00pm: 1500  7:00-8:00pm: Shot of the Week	6:30-7:30am: 1500  12:00-1:00pm: Shot of the Week	11:00-12:00pm: 1500  1:00-2:00pm: Serve, Return & Point Play	12:00-1:00pm: Level Up Camp
<b>3.0</b>	6:00-7:00pm: Level Up  7:00-8:00pm: Triples	6:30-7:30am: 1500  12:00-1:00pm: Triples  7:00-8:00pm: Shot of the Week	6:30-7:30am: Team Singles  12:00-1:00pm: 1500  7:00-8:00pm: Shot of the Week	6:30-7:30am: 1500  9:00-10:00am: Orange Women Level Up  12:00-1:00pm: Shot of the Week  7:00-8:00pm: 2 to Get 1	11:00-12:00pm: 1500  1:00-2:00pm: Serve, Return & Point Play	9:00-10:30am: Level Up Men's Camp  10:30-12:00pm: Level Up Women's Camp
<b>3.5</b>	7:00-8:00pm: Triples	6:30-7:30am: 1500  9:00-10:00am: Green Women Level Up  12:00-1:00pm: Triples  7:00-8:00pm: Shot of the Week	6:30-7:30am: Team Singles  9:00-10:00am: Yellow Women Level Up  12:00-1:00pm: 1500  7:00-8:00pm: Shot of the Week	6:30-7:30am: 1500  12:00-1:00pm: Shot of the Week  6:00-7:00pm: Level Up  7:00-8:00pm: 2 to Get 1	10:00-11:00am: Speed Doubles  11:00-12:00pm: 1500  1:00-2:00pm: Serve, Return & Point Play	10:30-12:00pm: Level Up Women's Camp  10:30-12:00pm: Level Up Men's Camp
<b>4.0</b>	10:00-11:00am: White/Red Women Level Up  7:00-8:00pm: Triples	6:30-7:30am: 1500  12:00-1:00pm: Triples  7:00-8:00pm: Shot of the Week	6:30-7:30am: Team Singles  9:00-10:00am: Yellow Women Level Up  12:00-1:00pm: 1500  6:00-7:00pm: Level Up  7:00-8:00pm: Shot of the Week	6:30-7:30am: 1500  12:00-1:00pm: Shot of the Week  6:00-7:00pm: Level Up  7:00-8:00pm: 2 to Get 1	10:00-11:00am: Speed Doubles  11:00-12:00pm: 1500  1:00-2:00pm: Serve, Return & Point Play	9:00-10:30am: Level Up Women's Camp  10:30-12:00pm: Level Up Men's Camp  12:00-1:30pm: Level Up Men's Camp
<b>4.5</b>	10:00-11:00am: White/Red Women Level Up  7:00-8:00pm: Triples	6:30-7:30am: 1500  12:00-1:00pm: Triples  7:00-8:00pm: Shot of the Week	6:30-7:30am: Team Singles  12:00-1:00pm: 1500  6:00-7:00pm: Level Up 4.0-5.0  7:00-8:00pm: Shot of the Week	6:30-7:30am: 1500  12:00-1:00pm: Shot of the Week  7:00-8:00pm: 2 to Get 1	11:00-12:00pm: 1500  12:00-1:00pm: Invite Only 4.5+  1:00-2:00pm: Serve, Return & Point Play	9:00-10:30am: Level Up Women's Camp  12:00-1:30pm: Level Up Men's Camp

Winter adult programming runs January 2<sup>nd</sup> – March 10<sup>th</sup>.

Please note these breaks in programming:

- January 16      Martin Luther King Day
- February 17-20      President's Day

Spring programming begins March 20<sup>th</sup>.