



Adult Spring & Summer Programming

May 1st – August 10th

Class Descriptions:

3 complimentary classes per week with additional classes available for a la carte pricing. Reserve your spot 8 days in advance on the app.

2 to Get 1	Work on various formations and situational tennis in this doubles game. To score, teams must win both points fed in. First team to 8 wins the game!
55	Fast-paced, all-encompassing doubles game with incentivized scoring. First to 55 wins!
1500	An awesome addition to your cardio workout! You'll hit 1,500 balls with pro-led instruction leaving you sweating like crazy.
Academy	This class specifically targets technical, tactical, and mental areas of focus needed to reach your next playing level.
Elite Doubles	Play every position in doubles while accumulating your own points to make it to the high court. Winner winner, chicken dinner!
EliteStart 2.0	A great transitional class for our recent EliteStart graduates and those wanting to work on their strokes prior to entering mainstream classes.
Point Play	This class will focus on both singles and doubles point play. The pros will create scenarios that will help develop skills and better mindset to improve your match play.
Shot of the Week	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.
Speed Doubles	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.
Triples	If you've never played Triples, now is the time to try! Get ready for fast-paced, competitive play. Fun for all levels!

Adult Leagues:

If you are interested in joining open play league, please contact Maria Andrew at mandrew@elitetenisandwellness.com. All open play is free to **inclusive** members.

Men's Doubles Open Play	Level-specific fun for men who want to compete! This is not a drop-in. USTA 3.0 Sunday 8:00 – 10:00 am USTA 3.5 Sunday 10:00 – 12:00 pm USTA 4.0 Sunday 10:00 – 12:00 pm USTA 4.5+ Thursday – Dates & Times Vary
Ladies Doubles Open Play	Level-specific fun for ladies who want to compete! This is not a drop-in. USTA 3.0 Sunday 11:00 – 1:00 pm USTA 3.5+ Sunday 4:00 – 6:00pm on 1 st and 3 rd Sundays & 10:00 – 12:00pm on 2 nd and 4 th Sundays

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See back for class schedule →

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EliteStart 2.0	10:30-12:00 pm Level Up 7:00-8:00 pm EliteStart 2.0	7:00-8:00 am 1500 12:00-1:00 pm Coed Doubles	12:00-1:00 pm EliteStart 2.0	7:00-8:00 am 1500 6:00-7:00 pm EliteStart 2.0		12:00-1:00 pm All Star Academy
2.5	10:30-12:00 pm Level Up 5:00-6:00 pm Ladies Academy 7:00-8:00 pm Triples	7:00-8:00 am 1500 12:00-1:00 pm Coed Doubles 6:00-7:00 pm Shot of the Week (Ladies)	12:00-1:00 pm Speed Doubles	6:30-7:30 am 1500	9:00-10:00 am Elite Doubles	12:00-1:00 pm All Star Academy
3.0	5:00-6:00 pm Ladies Academy 6:00-7:00 pm Speed Doubles 7:00-8:00 pm Triples	7:00-8:00 am 1500 12:00-1:00 pm Triples 6:00-7:00 pm Shot of the Week (Ladies)	7:00-8:00 am Point Play 12:00-1:00 pm Speed Doubles 7:00-8:00 pm 2 to Get 1	7:00-8:00 am 1500 9:00-10:30 am Ladies Academy 12:00-1:00 pm Elite Doubles 7:00-8:00 pm 55	9:00-10:00 am Elite Doubles	8:00-9:00 am Men's Academy 9:00-10:00 am Ladies Academy
3.5	9:00-10:30 am Ladies Academy 7:00-8:00 pm Triples	7:00-8:00 am 1500 12:00-1:00 pm Triples 7:00-8:00 pm Shot of the Week	7:00-8:00 am Point Play 7:00-8:00 pm 2 to Get 1	7:00-8:00 am 1500 12:00-1:00 pm Elite Doubles 6:00-7:00 pm 55 7:00-8:00 pm 55	10:00-11:00 am Speed Doubles 11:00-12:00 pm Speed Doubles	8:00-9:00 am Men's Academy 9:00-10:00 am Ladies Academy
4.0	7:00-8:00 pm Triples	7:00-8:00 am 1500 12:00-1:00 pm Triples 7:00-8:00 pm Shot of the Week	7:00-8:00 am Point Play 9:00-10:30 am Ladies Academy 6:00-7:00 pm Adult Academy (Men) 7:00-8:00 pm 2 to Get 1	7:00-8:00 am 1500 12:00-1:00 pm Elite Doubles 6:00-7:00 pm 55	10:00-11:00 am Speed Doubles 11:00-12:00 pm Speed Doubles	11:00-12:00 pm Ladies Academy 10:00-11:00 am Mixed Academy (Men)
4.5	10:30-12:00 pm Ladies Academy 7:00-8:00 pm Triples	7:00-8:00 am 1500 12:00-1:00 pm Triples 7:00-8:00 pm Shot of the Week	7:00-8:00 am Point Play 6:00-7:00 pm Adult Academy (Mixed) 7:00-8:00 pm 2 to Get 1	7:00-8:00 am 1500 12:00-1:00 pm Elite Doubles 6:00-7:00 pm 55	11:00-12:00 pm Speed Doubles 12:00-1:00 pm Invite Only 4.5+	10:00-11:00 am Mixed Academy (Ladies)

Please note these breaks in programming:

- May 18th Ladies Member Guest
- May 24-27th Memorial Day
- June 22nd Summer Slam
- July 4-7th July 4th