



Adult Fall & Winter Programming October 21st - February 15th

**12 complimentary classes per month for Inclusive members, plus the option to purchase additional classes.
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 1500 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.
College Gameday	Fast-paced competitive college-style doubles games.
Elite Doubles	Play every position in doubles while accumulating your own points to make it to the high court.
Elite Start 2.0	A great transitional class for our recent Elite Start graduates and those wanting to work on their strokes prior to entering mainstream classes.
Point Play	This class focuses on both singles and doubles point play. The pros create scenarios that help develop skills and better mindset to improve your match play.
Shot of the Week	Pros choose a skill to incorporate into your match play and build on week-to-week as part of 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 different opponents.
Triples	Fast-paced, competitive and fun 3 vs 3 game played with green dot balls.

Adult Open Play

**If you are interested in joining adult open play, please contact Maria Andrew at mandrew@elitetennisandwellness.com.
Open play is club-sponsored, member-run and free to inclusive members. This is not a drop-in class.**

Men's Open Play	USTA 3.0 Sunday - 8:00-10:00 AM USTA 4.5+ Thursday - Dates & Times Vary
Ladies Open Play	Tencap Green & Yellow Sunday - Times Vary

Rating	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elite Start 2.0 (Ladies & Men)	1:00-2:00 PM Elite Start 2.0 7:00-8:00 PM Elite Start 2.0	7:00-8:00 AM 1500	12:00-1:00 PM Elite Start 2.0	7:00-8:00 AM 1500 10:30-12:00 PM Elite Start 2.0 6:00-7:00 PM Elite Start 2.0		12:00-1:30 PM All Star Academy
Ladies Purple (64-80)	10:30-12:00 PM Purple Academy 12:00-1:00 PM Triples 5:00-6:00 PM Speed Doubles 6:00-7:00 PM Triples	7:00-8:00 AM 1500 6:00-7:00 PM Ladies Academy	7:00-8:00 AM Point Play 11:00-12:00 PM Speed Doubles 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 5:00-6:00 PM 55	9:00-10:00 AM Elite Doubles	12:00-1:30 PM All Star Academy
Ladies Orange (53-69)	12:00-1:00 PM Triples 5:00-6:00 PM Speed Doubles 6:00-7:00 PM Triples	7:00-8:00 AM 1500 6:00-7:00 PM Ladies Academy	7:00-8:00 AM Point Play 11:00-12:00 PM Speed Doubles 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 9:00-10:30 AM Orange Academy 12:00-1:00 PM Elite Doubles 5:00-6:00 PM 55	9:00-10:00 AM Elite Doubles	9:00-10:00 AM College Gameday
Ladies Green (46-60)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 11:00-12:30 PM Green Academy 7:00-8:00 PM Elite Doubles	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 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	9:00-10:00 AM College Gameday 11:00-12:00 PM College Gameday
Ladies Yellow (39-53)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	7:00-8:00 AM Point Play 9:00-10:30 AM Yellow Academy 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	11:00-12:00 PM College Gameday
Ladies White B (33-46)	9:00-10:30 AM White Academy 12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	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 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	11:00-12:00 PM College Gameday
Ladies White A (27-39)	9:00-10:30 AM White Academy 12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	7:00-8:00 AM Point Play 6:00-7:00 PM College Gameday 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	11:00-12:00 PM College Gameday
Ladies Red (18-35)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 PM 1500 7:00-8:00 PM Elite Doubles	7:00-8:00 AM Point Play 6:00-7:00 PM College Gameday 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	10:00-11:00 AM College Gameday 11:00-12:00 PM College Gameday
Men Black B (49-62)	12:00-1:00 PM Triples 5:00-6:00 PM Speed Doubles 6:00-7:00 PM Triples	7:00-8:00 AM 1500	7:00-8:00 AM Point Play 11:00-12:00 PM Speed Doubles 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 5:00-6:00 PM 55	9:00-10:00 AM Elite Doubles	8:00-9:00 AM College Gameday
Men Black A (39-52)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	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 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	8:00-9:00 AM College Gameday
Men White (32-46)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	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 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	8:00-9:00 AM College Gameday 10:00-11:00 AM College Gameday
Men Red (25-39)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	7:00-8:00 AM Point Play 6:00-7:00 PM College Gameday 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	10:00-11:00 AM College Gameday
Men Blue (18-32)	12:00-1:00 PM Triples 6:00-7:00 PM Triples	7:00-8:00 AM 1500 7:00-8:00 PM Elite Doubles	7:00-8:00 AM Point Play 6:00-7:00 PM College Gameday 7:00-8:00 PM 2 To Get 1	7:00-8:00 AM 1500 12:00-1:00 PM Elite Doubles 7:00-8:00 PM 55	10:00-11:00 AM 55 11:00-12:00 PM Speed Doubles	10:00-11:00 AM College Gameday