



Adult Winter Programming January 2nd - April 13th

8 complimentary classes per month for Inclusive members, plus the option to purchase additional classes.

Reserve your spot 8 days in advance on the app.

Rise & Grind	Kickstart your morning with energy and enthusiasm! This drill is all about speed, sweat, and hitting 1,500 balls in a high-energy, cardio-style session. With a focus on movement and rhythm, Rise & Grind is the perfect way to wake up your game and power through your day.
Breakfast Ball	Fuel your morning with fast-paced point play in a competitive and engaging setting. Breakfast Ball is designed to sharpen your reflexes, enhance your strategy, and get your heart pumping—all before your first cup of coffee. A fantastic way to jumpstart your day and your game!
Doubles Lab	Calling all ladies! This specialized class is your key to mastering doubles strategy and technique. Each session focuses on refining a specific skill and then putting it into practice through point play. Perfect for preparing for your next Tencap or USTA match while playing with a variety of partners and levels.
Triples	It's 3v3 madness on the court! Triples is a high-energy drill using green dot balls to keep things lively and challenging. Work on your net game, sharpen your strategy, and enjoy this fun, fast-paced format that will leave you smiling (and sweating).
Elite Doubles	Elevate your doubles game to the next level in this dynamic and fast-paced drill! Rotate through every position on the court while honing your shots, strategies, and teamwork. Keep your own points, move up and down, and enjoy the thrill of competitive doubles action.
Game Night	Welcome to Doubles Carnival! Roll the dice and embrace the unpredictability of this high-energy doubles session. With fun formats and fast-paced games, Game Night is the ultimate mix of competition and camaraderie. Perfect for spicing up your weekly routine!
Game Day	Bring the excitement of Game Night to the morning or afternoon! Same thrilling doubles games, same unpredictable fun, but now you can roll the dice and dominate your day with tennis excitement.
Drill & Rally	Take your game to the next level with the perfect blend of skill development and competitive play! This high-energy class focuses on improving your technique and form with drills designed to help you master a specific shot while hitting tons of balls to build consistency and confidence. After sharpening your skills, we'll transition into a game-night atmosphere, where you can apply what you've learned in fun, competitive point-play scenarios. Whether you're looking to refine your strokes or elevate your match strategy - the ultimate mix of practice and play.
Speed Doubles	Get ready for a lightning-fast doubles experience! In Speed Doubles, the action never stops as you move up and down the courts in a rapid rotation. With a focus on net play and quick transitions, this drill keeps you on your toes and your game sharp.
Set at the Net	Take your doubles game up close and personal with a full set played at the net. Fast-paced and strategic, this session sharpens your net reflexes and challenges your team's communication. Fun, competitive, and a unique way to up your doubles game!
Elite Start 2.0	Take your tennis journey to the next level! Designed for our Elite Start graduates and new players eager to grow their skills, this class bridges the gap between learning the basics and becoming a confident player. Fun drills, plenty of encouragement, and a supportive environment will make this step in your tennis journey exciting and rewarding.

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 & White Sunday - Times Vary

Rating	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elite Start 2.0 (Ladies & Men)	1:30-2:30 PM Elite Start 2.0 7:00-8:00 PM Elite Start 2.0	7:00-8:00 AM Rise & Grind	12:00-1:00 PM Elite Start 2.0	7:00-8:00 AM Rise & Grind 12:00-1:00 PM Elite Start 2.0 7:00-8:00 PM Elite Start 2.0		12:30-2:00 PM Elite Start 2.0
Ladies Purple (62-80)	12:00-1:00 PM Triples 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:00 AM Rise & Grind 11:00-12:30 PM Doubles Lab 5:30-6:30 PM Triples	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 9:00-10:30 PM Doubles Lab 5:00-6:30 PM Drill & Rally	9:00-10:00 AM Speed Doubles	9:30-11:00 AM Ladies Game Day
Ladies Orange (53-69)	12:00-1:00 PM Triples 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:00 AM Rise & Grind 11:00-12:30 PM Doubles Lab 5:30-6:30 PM Triples	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 9:00-10:30 PM Doubles Lab 5:00-6:30 PM Drill & Rally	9:00-10:00 AM Speed Doubles	9:30-11:00 AM Ladies Game Day
Ladies Green (46-60)	9:00-10:30 AM Doubles Lab 12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 11:00-12:30 PM Doubles Lab 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 9:00-10:30 PM Doubles Lab 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 5:00-6:30 Drill & Rally 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	9:30-11:00 AM Ladies Game Day 11:00-12:30 PM Ladies Game Day
Ladies Yellow (39-53)	9:00-10:30 AM Doubles Lab 12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 9:00-10:30 PM Doubles Lab 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	11:00-12:30 PM Ladies Game Day
Ladies White B (33-46)	9:00-10:30 AM Doubles Lab 12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 9:00-10:30 PM Doubles Lab 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	11:00-12:30 PM Ladies Game Day
Ladies White A (26-38)	9:00-10:30 AM Doubles Lab 12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 9:00-10:30 PM Doubles Lab 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	11:00-12:30 PM Ladies Game Day
Ladies Red (18-35)	9:00-10:30 AM Doubles Lab 12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 9:00-10:30 PM Doubles Lab 12:00-1:30 PM Elite Doubles 6:00-7:30 PM Game Night	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	9:30-11:00 AM Game Day
Men Black B (49-62)	12:00-1:00 PM Triples 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 5:00-6:30 PM Drill & Rally	9:00-10:00 AM Speed Doubles	8:00-9:30 AM Men's Game Day
Men Black A (39-53)	12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	8:00-9:30 AM Men's Game Day
Men White (32-46)	12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	8:00-9:30 AM Men's Game Day
Men Red (25-39)	12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Elite Doubles 5:30-6:30 PM Triples	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles 6:00-7:30 PM Game Night	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	9:30-11:00 AM Game Day
Men Blue (18-32)	12:00-1:00 PM Triples 5:30-6:30 PM Triples	7:00-8:00 AM Rise & Grind 5:30-6:30 PM Triples 6:30-8:00 PM Elite Doubles	7:00-8:30 AM Breakfast Ball 12:00-1:30 PM Elite Doubles 6:00-7:30 PM Game Night	7:00-8:00 AM Rise & Grind 6:30-8:00 PM Game Night	10:00-11:30 AM Speed Doubles 11:30-1:00 PM Set at the Net	9:30-11:00 AM Game Day