



Adult Spring & Summer Programming April 21st - August 10th

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.
Coed Doubles Lab	Elevate your doubles game in this dynamic, strategy-focused class designed for both men and women. Each session hones in on a specific skill—positioning, shot selection, communication, and more—before putting it into action through competitive point play. Whether you're preparing for your next Tencap or USTA match or just looking to sharpen your teamwork and tactics, this class offers the perfect opportunity to train with a variety of partners and levels in a fun, high-energy environment.
Shot of the Week	Take your game to the next level by mastering a new shot each week! This class is open to all levels and focuses on developing a specific skill—whether it's a volley, a powerful serve, or a precise drop shot. Through targeted drills and live play, you'll refine your technique and build confidence in executing key shots during match play. Join us and add new weapons to your game!
Game Day	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 Day is the ultimate mix of competition and camaraderie. Perfect for spicing up your weekly routine!
Game Night	Bring the excitement of Game Day to the evenings!! Same thrilling doubles games, same unpredictable fun, but now you can roll the dice and dominate your evening with tennis excitement.
Drill & Rally	<p>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.</p> <p>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.</p>
Men's Training	<p>Elevate your game with the perfect combination of skill development and high intensity point play. This men's only class focuses on refining technique through fast-paced drills designed to help you master key shots while hitting tons of balls to build consistency and confidence.</p> <p>After sharpening your skills, we'll shift into competitive match-style scenarios, where you can put your training to the test in a game-night atmosphere. Whether you're looking to fine-tune your strokes or develop winning strategies, this class offers the ultimate mix of practice and play.</p>
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.

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