



# SPRING/SUMMER ADULT PROGRAMMING DRILLS

## ADULT DRILLS

DRILLS ARE FOR PLAYERS LOOKING FOR A WORKOUT SESSION WHERE THE EMPHASIS IS PLACED ON HITTING AND NOT INSTRUCTION. YOU ARE PAYING FOR THE PRO'S CREATIVITY IN DRILLS OR GAMES IN AN ORGANIZED MANNER. QUESTIONS ABOUT TECHNIQUE OR STRATEGY ARE ALWAYS WELCOME!

COST: 1 HOUR CLINICS \$15  
1.5 HOUR CLINICS \$21

THERE WILL BE AN ADDITIONAL \$3 CHARGE IF YOU DO NOT REGISTER ONLINE BY THE DAY PRIOR

## POWER LUNCH

HIT A LOT OF TENNIS BALLS, GET IN SHAPE AND HAVE FUN! COME WITH A TOWEL!

TUE: NOON - 1 PM  
WED: NOON - 1 PM  
THU: NOON - 1 PM

## EARLY BIRDS

LOOKING FOR AN EARLY TENNIS WORKOUT? JOIN US FOR THIS MORNING DRILL .

TUE: 7 - 8 AM  
FRI: 7 - 8 AM

## CARDIO

SICK OF THE TREADMILL? TRY THIS NON-STOP CARDIO CLASS & GET FIT. IT'S A GREAT WAY TO BURN CALORIES!

TUE: 8 - 9 AM  
FRI: 8 - 9 AM

## EVENING HARDCORE

THIS 1.5 HOUR CLINIC IS A GREAT WORKOUT CENTERED AROUND A WEEKLY THEME. LOTS OF RUNNING, LOTS OF HITTING, LOTS OF FUN!

WED:	6 - 7:30 PM	3.0-3.5 MEN & WOMEN
THU:	6 - 7:30 PM	4.0+ MEN & WOMEN
SUN:	4 - 5:30 PM	ALL LEVELS



## DRILL POLICY

CLINICS REQUIRE DAY PRIOR ONLINE REGISTRATION. SHOULD YOUR SCHEDULE OPEN UP LAST MINUTE, FEEL FREE TO SEE IF THERE IS AVAILABILITY, ALTHOUGH CLASS NOT GUARANTEED. TO GUARANTEE YOUR SPOT PRE-REGISTER. CLINICS WITH NO SIGN-UPS MAY BE CANCELLED. PRICE POINTS BASED ON 4 OR MORE PLAYERS.

PRICES BASED ON FOUR PARTICIPANTS. PRICES WILL VARY WITH LOWER NUMBERS. ONE STUDENT WILL PAY \$40 FOR 1 HOUR. TWO STUDENTS WILL PAY \$25 EACH FOR ONE HOUR. THREE STUDENTS WILL PAY \$18 EACH FOR ONE HOUR. PRICES ASSUMING PRIOR DAYS ONLINE REGISTRATION.