



ADULT TENNIS SCHEDULE

MONDAY

8:30 - 10:00 AM

**Advanced
Fitness Live Ball**

This class is an advanced live ball clinic geared toward the 4.0 style player. It is fast paced and requires the ability to sprint. It is for players looking for a cardio workout and fast paced tennis point play.

TUESDAY

8:30 - 10:00 AM

Live Ball

This is a game-based clinic that incorporates point play situations that will be sure to give you a fun workout. Best for players that are already comfortable playing points.

WEDNESDAY

8:30 - 10:00 AM

Serious Tennis
with Dave

This class works on various doubles situations and will refine your ability to succeed in different situations on the doubles court.

THURSDAY

8:30 - 10:00 AM

Live Ball

This is a game-based clinic that incorporates point play situations that will be sure to give you a fun workout. Best for players that are already comfortable playing points.

FRIDAY

8:30 - 10:00 AM

Serious Tennis
with Dave

This class works on various doubles situations and will refine your ability to succeed in different situations on the doubles court.

SATURDAY

9:00 - 11:00 AM

Member Drop-In

This is great for all levels and will give you fun match play against different styles of players. This is a **free** drop-in for all members.

SUNDAY

10:00 - 11:00 AM

Cardio Tennis

This is a fun workout on the tennis court and a great place for all levels of tennis. You will hit lots of tennis balls and be moving around while doing it!

11:00 - Noon

**Technique
Fundamentals**

This class will improve your overall technique on all the major shots. It is great for beginners wanting to learn tennis strokes, as well as advanced players wanting to improve a certain shot.

2nd SATURDAY OF EVERY MONTH

9:30 - 10:00 AM

**Tennis & Pickleball
Orientation**

Members can have their level assessed, learn about leagues, how to use the ball machine, and get connected to our groups of players. This is a free program for all members.

Private lessons available upon request.
Member Drop-in, Tennis & Pickleball Orientation - Free

1 hour class – \$20 members / \$25 non-members
1.5 hour class – \$25 members / \$30 non-members

Register for clinics online, in the clubhouse, or directly with Ian Chadwell at ichadwell@caclubs.com.