



# FIVE SEASONS ADULT TENNIS PROGRAMS -SUMMER-

## TENNIS IN 5

(BEGINNER)- LEARN TO RALLY, SERVE, HIT GROUND STROKES, HIT VOLLEYS, SCORE & PLAY!

M, SA 12P-1P

PAYMENT- FREE (5 CLASSES, MUST BE COMPLETED IN ONE MONTH)

## ACE

START MASTERING HOW TO HIT AND HOW TO PLAY ORGANIZED DOUBLES ON THE TENNIS COURT. OUR STAFF WILL INTRODUCE STRATEGIES AND POSITIONING WHILE HELPING YOU REFINE HITTING SKILLS.

TH 12P-1P, SA 11A-12P

PAYMENT- \$75/MONTH

## WOMENS DRILL & PLAY

OUR DRILL & PLAY CLINICS CONSIST OF WEEKLY THEMED PRACTICES WITH EMPHASIS ON DOUBLES TACTICS, STRATEGY, AND SITUATIONAL POINT PLAY.

TU 11:30A-1P

PAYMENT- \$80/MONTH

## MENS NIGHT

JOIN US FOR A FUN, HIGH INTENSITY PRACTICE FOR ALL COMPETITIVE LEVELS. COACHES WILL TAKE YOU THROUGH DOUBLES DRILLS, GAMES AND POINT PLAY.

TH 6:30P-8P

PAYMENT- \$80/MONTH

## CARDIO TENNIS

CARDIO TENNIS IS A HIGH ENERGY TENNIS CLASS THAT COMBINES THE BEST FEATURES OF TENNIS WITH CARDIOVASCULAR EXERCISE, DELIVERING THE ULTIMATE FULL BODY, CALORIE BURNING AEROBIC WORKOUT.

M, W 6P-7P, SA 10A-11A

PAYMENT- \$35/MONTH FOR ONE DAY PER WEEK, \$50/MONTH FOR ALL YOU CAN PLAY

# FIVE SEASONS

FAMILY SPORTS CLUB  
4242 CLYO ROAD  
DAYTON, OHIO 45440

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ADULT TENNIS DIRECTOR  
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\*CREDIT CARD ON FILE REQUIRED

**COVID-19** GUIDELINES ARE IN COMPLIANCE WITH USTA & OHIO GOVERNMENT  
INFORMATION AVAILABLE ON OUR WEBSITE