



ADULT TENNIS

DECEMBER 2023



MONDAY

- 6:00 PM** Cardio Tennis
7:00 PM 2.5/3.0 Ladies Drill & Play

TUESDAY

- 10:00 AM** Cardio Tennis
6:00 PM Intermediate Ace
7:00 PM 3.5/4.0 Ladies Drill & Play
7:00 PM 3.0/3.5 Mens Drill & Play

WEDNESDAY

- 6:00 AM** Cardio Tennis
10:00 AM Ladies Drill & Play
6:00 PM Cardio Tennis
7:00 PM 4.5+ Co-Ed Drill & Play

THURSDAY

- 10:00 AM** Intermediate Ace
10:00 AM Ladies Drill & Play
7:30 PM High-Intensity Co-Ed Drill

FRIDAY

- 6:00 AM** Cardio Tennis
10:00 AM Ladies Drill & Play

SATURDAY

- 10:00 AM** Cardio Tennis
11:00 AM Intermediate Ace

INTERMEDIATE 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.

\$79/Month

TEAM/DRILL BASIC PACKAGE

Choose One:
Weekly Team Practice
Drill & Play
Ladies/Mens Drills

\$99/Month

CARDIO TENNIS

Cardio tennis is a heart-pumping hour of fitness on a tennis court.

**\$99/Month
Unlimited Play**

**\$75/Month
Once a Week**

ALL YOU CAN PLAY PACKAGE

Weekly Team Practice,
Drill & Play,
Ladies/Mens Drill

\$150/Month

**COMPLETE ONLINE TENNIS
INQUIRY FORM FOR PLACEMENT**

Questions? Contact:

Rob Lehner Tennis Director RLehner@5SSC.com