



FALL 2025 - SPRING 2026

ADULT EXCELLENCE

(Varies: Members only & Members/Non-Members)

Club policy: As of June 2025, Court Reserve accounts must have a Payment Profile attached to continue booking online programs and to make online payments. Please make sure you have a credit card or bank account set up in your account now (if you don't already) to prepare for fall registration.

These fun adult groups meet once a week during the fall-spring season and have weekly registrations. Groups are hybrid with a mix of instruction, drilling, and match play. Some groups are open to both members and non-members, while other groups are members only. Please see the information below about each group.

Registration:

All registration is done on Court Reserve. Both members and non-members must have an account to sign up for classes. Registration is generally done weekly, six days in advance before each class but please see each class's info for full details.

Schedule:

<u>Dates</u>	<u>Reg. opens</u>
Sept 8 - May 9	Varies

*No classes on major holidays or during holiday breaks

<u>Duration</u>	<u>Member Rate</u>	<u>Non-Member Rate</u>
30 min	\$10/day	\$12/day
1 hr	\$20/day	\$24/day
1.5 hrs	\$30/day	\$36/day

How to pay:

All payments are done through Court Reserve. You may pay for individual charges throughout the month on your online account or wait to pay the full month's charges when you receive an emailed invoice on the first of the following month. You may also pay up at the desk if you prefer, but we encourage you to try online!

Attendance Policy:

You may add or cancel a class online **up to 24 hours** before a registered class. Cancellations past 24 hours require a call to the desk to notify of the absence, but the charge will remain. Additions to classes past 24 hours also require a call to the front desk. **Please do not show up to a class without signing up.** Our staffing for each class is prepared in advance based on the registration numbers. Please be mindful of this and make sure to register for class before showing up at the club. Thank you!

Members only:

Men's and Women's Night

Age: 18+

Fee: \$30/day

Men's and Women's Night is designed for adults who want to sharpen their skills through fast-paced live ball drills and competitive point play. Each session focuses on improving shot selection, movement, and consistency. Players will rotate through a variety of doubles drills and one-on-one point play and finish with supervised matchplay.

Weekly registrations: 6 days in advance @ 8am

Mondays 7 - 8:30pm

Adult Super Excellence

Age: 18+

Fee: \$30/day

Adult Super Excellence is an advanced class for 3.0 to 4.0 NTRP rated players looking to sharpen their all-around game. Each session is split into two parts: an hour of focused drills on groundstrokes, volleys, and strategy, followed by 30 minutes of doubles play (singles play may be available upon request). It is designed to help players build a strong technical foundation and apply it in matchplay scenarios.

Weekly registrations: 6 days in advance @ 8am

Saturdays 12:30 - 2pm

Members & Non-Members:

3.0 Practice Day

Age: 18+

Fees: \$30/day Members \$36/day Non-Members

This program is designed for players who have a solid grasp of the basics and are ready to take their game to the next level. Sessions focus on improving stroke technique and doubles strategy. Players also participate in structured match play, giving them the opportunity to apply new skills and strategies in a competitive setting. This is perfect for those looking to grow confidence and effectiveness in doubles.

Weekly registrations: 6 days in advance @ 8am

Fridays 9:30 - 11am

Cardio Tennis

**Now Open to
Non-Members!**

Age: 18+

Fee: \$20/day Members \$24/day Non-Members

IT'S BACK! This fast-paced, music-driven class blends high-energy feeding drills with fun games designed to get your heart pumping while improving your tennis skills. Open to all adult members (18+) of any ability, participants can expect a full-body workout in a welcoming, upbeat atmosphere. Join us for an hour of movement, music, and tennis that's as fun as it is fitness-focused.

*Weekly registrations:

Members: 6 days in advance @ 8am

Non-Members: 4 days in advance @ 8am

Tuesdays 1:30-2:30pm

Adult Serving Clinic

**Now Open to
Non-Members!**

Age: 18+

Fee: \$10/day Members \$12/day Non-Members

This quick 30-minute clinic helps players to practice their serving while receiving coaching from a pro. The goal is to build upon current serving skills while also learning new techniques to improve players' arsenals. The clinic was designed to help provide serving time for women B2 players before Tuesday practice, but adult players of all skill levels are welcome.

*Weekly registrations: 7 days in advance @ 6pm

Tuesdays 11:00-11:30am