



December

Adult Tennis Programs

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Live Ball 12-1 pm	2.5/3.0 Open Game Drilling 11:30 am-1 pm Mixed Doubles 7.0 Game Drilling 5:30-7 pm Men's 4.0+ Game Drilling 7-8:30 pm	Lunchtime Tennis Workout 12-1 pm 3.5 Open Game Drilling 5:30-7 pm Club Night 7-8:30 pm	3.5 Open Game Drilling 10-11:30 am Mixed Doubles 8.0 Game Drilling 5:30-7 pm	Doubles & Donuts 7-8:30 am 4.0 Open Game Drilling 8:30-10 am **Mixed Doubles Night 12/11 5:30-7 pm	Open Beginners 8:30-10 am 3.5 Open Game Drilling 10-11:30 am **Adult Mini Camp 12/12 2-5 pm **Junior Match Play 12/12 5-8 pm **Doubles Strategy 12/19 11:30 am - 1:30 pm	3/3.5 Open Game Drilling 2-3:30 pm 4.0 Open Game Drilling 3:30-5 pm



**December 21-January 3:
No Programs**

**Christmas Holiday Club Closure:
 Dec 24, Christmas Eve: 2 pm Club Closure
 Dec 25, Christmas Day: Club Closed
 Dec 31, New Year's Eve: 7 pm Club Closure
 New Year's Day: 7 am-7 pm**

MEMBERS ONLY AT THIS TIME DUE TO COVID-19

NTRP MENS, WOMEN'S & OPEN GAME DRILLING: Cost: \$22/member \$32/Guest

Ladies, Men's & Open NTRP clinics are level based. Each clinic will take you through a series of drills. Limited to the first six(6) to sign up each week. Members may sign up following their weekly activity. Guests may sign-up 3 days prior to the weekly event. Levels run from 2.5 to 4.0+ +

MIXED DOUBLES NIGHT: Cost: \$10/member \$20/Guest

A monthly event where you come and play with fellow members & guests in an interchangeable mixed doubles (depends on #'s) formatted play.

MIXED DOUBLES GAME DRILLING (7.0 & 8.0)

Mixed Doubles strategy for 7.0 & 8.0 levels. Each clinic will take you through a series of drills. Limited to the first six (6) to sign up each week. Members may sign up following their weekly activity. Guests may sign up 3 days prior to the weekly clinic

OPEN BEGINNERS: Cost: \$17/member \$27/Guest

This clinic is for the new to beginner intermediate player. Each week the pro staff will introduce a skill and break it down fundamentally, put the skill into a drill then into game play to work the skill in a pressure situation. If you haven't played tennis before or you are looking to get back into the game, this is the clinic for you.

CLUB PLAY NIGHT: Cost: \$10/member \$20/Guest

A weekly event where you come and play with fellow members & guests in an interchangeable singles, doubles or mixed (depends on #'s) formatted. You'll play with two different partners or opponents during the hour and a half.

LIVE BALL: Cost: \$14/member \$24/Guest

Similar to Cardio Tennis, live ball involves a quick warm-up followed by a fast paced game where players try to win 3 of 4 points to take the champs place.

LUNCHTIME TENNIS WORKOUT: Cost: \$14/member \$24/Guest

Similar to Live ball where you'll hit lots of balls in one hour. Replace one of your workouts with this tennis workout.

DOUBLES STRATEGY CLINIC: Cost: \$22/member \$32/Guest

This is a two hour clinic

This once a month clinic with Zen will focus on doubles patterns, movement, shot selection and play.

DOUBLES AND DONUTS:

Come and play early morning doubles followed by donuts and coffee. This will be coached match play. Up to 8 players/2 courts

ADULT MINI CAMP: Cost: \$50

This once a month three hour mini-camp includes stroke production, live ball drills, game drilling and match play (when possible). You'll hit lots of balls in three hours and each camp offers a beverage and food option following the camp. Great way to work on your game.