



# January

## Adult Tennis Programs

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Live Ball 7-8 am	Ladies 2.5/3.0 Match Drilling 11:30 am-1 pm	Live Ball 12-1 pm	3.5 Open Match Drilling 10-11:30 am	4.0 Open Match Drilling 8:30-10 am	Open Beginners 8:30-10 am	3/3.5 Open Match Drilling 2-3:30 pm
Live Ball 12-1 pm	Open 3.5 Game Time 5:30-7 pm  Men's 4.0+ Match Drilling 7-8:30 pm	3.5 Open Match Drilling 5:30-7 pm  Club Play Night 7-8:30 pm	4.0 Open Game Time 5:30-7 pm	Men's 3.5+ Game Time 11:30 am-1 pm  **Mixed Doubles Night 1/15 5:30-7 pm	3.5 Open Match Drilling 10-11:30 am  **Adult Mini Camp 1/16 2-5 pm  **Doubles Strategy 1/23 11:30 am - 1:30 pm	4.0+ Open Match 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 MATCH 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. Drills include both teacher fed and live balls drills to validate the weekly themes. 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.

## **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.

## **GAME TIME CLINICS:** Cost: \$22/mem & \$32/Guest /

### **This is an hour and half clinic**

Game Time clinics are a fast pace, fun and game based activity. Following a one basket coach fed warm-up the rest of the clinic will be situations games. This is not coached match play but live game like situations. Stubby, Olympic, Skyball, King/Queen of the Court and lots of other games

## **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.

## **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.

## **ADULT MINI CAMP:** Cost: \$50

This monthly event 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.