

Adult Instructional Programs

The Adult Instructional Program introduces the fundamentals of tennis in a comfortable environment. An emphasis is placed on fun and the development of relationships and future playing partners amongst participants.

Cardio Tennis 9:30 - 10:30 AM - Mondays starting June 7 (outside court)

Cardio Tennis is a group activity for adults that combines tennis with a fun, high-energy cardiovascular workout all taking place on the tennis court. The 60 minutes workout includes warm-up, cardio workout and cool-down phases and will get your heart pumping Burn calories, improve fitness, and improve your game. Sign up weekly at the front desk or on tennis bulletin board. Minimum of four participants required. Pro: Ilona Wilson

Fees:

Four Participants	\$13 per hour
Five Participants	\$11 per hour
Six Participants	\$9 per hour
Seven – Eight Participants	\$8 per hour

Early Bird Workout 6:30 - 7:30 AM

Have a great tennis workout before work on Friday mornings. There will be singles, doubles and conditioning drills for members. Sign up weekly at front desk or on tennis bulletin board. Minimum of four participants required. Pro: Hans Carlson

Fees:

Four Participants	\$16 per hour
Five Participants	\$14 per hour
Six Participants	\$12 per hour
Seven or More Participants	\$10 per hour