



Adult Tennis Schedule

JAN-MAR 2026 – Weekly Clinics

Monday

9:00 – 10:30am 3.0 Clinic
9:00 – 10:30am 3.5+ Clinic
10:30 – 11:30am Tennis 201
5:30 - 7:00pm Women's 4.5+ Clinic
6:30 – 8:00pm Men's Live Ball Clinic

Tuesday

9:00–10:30am Bump 'N Split
10:30–11:30am Tactical Tuesdays
6:30–8:00pm Open Clinic

Wednesday

9:00 – 10:30am Morning Open Clinic
10:30 – 11:30am Ball Machine Clinic
5:30-7:00pm Beginner Basics!
7:00-8:30pm Doubles & Bubbles!

Thursday

9:00 – 10:30am 3.0 Clinic
9:00 – 10:30am 3.5+ Clinic
10:30 – 11:30am Stroke of the Week
6:30 – 8:00pm Open Clinic

Friday

9:00–10:30am 'TGIF' All Level Clinic
10:30–11:30am Fundamental Fridays

Saturday

8:00 – 9:00am Cardio Tennis
9:00 – 10:30am Morning Open Clinic
10:30am – 11:30am Tennis 201

*Member Guest Clinics on Certain Dates!

***Enquire about Unlimited Tennis Clinics!**

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Class Descriptions

3.0 Clinic

Focuses on developing your all-round game. Ideal for players needing help with tactics or technique.

3.5+ Level Clinic

4.0 level only clinic focuses on the more advanced aspects of the game to improve on. Fast paced drills with a tactical focus!"

4.5 Women's Clinic

Advanced drills and match-play exercises tailored for high-level women players.

Cardio Tennis

A high-energy workout for all skill levels. No tennis experience required!

Coached Matchplay – Bump ‘N Split

Fun doubles matchplay with coaching. Switch partners every round — move up if you win!

Fundamental Fridays

Learn and refine essential skills like grips, strokes, footwork, and more.

Beginner Basics!

A fun, welcoming clinic designed for new or returning players to develop strong fundamentals and solid stroke technique.

'TGIF' All Level Clinic

An exciting, all-level clinic with drilling and competition to kick off the weekend.

Men's Live Ball Clinic

Fast-paced clinic for men focused on live ball games and strategy.

Open Clinic

A 90-minute high-energy session with drills, strategy, and point play.

Stroke of the Week

Each week covers a different stroke to elevate your game.

Tactical Tuesdays

Develop shot selection, doubles positioning, and strategic play.

Tennis 201

For players returning to the game or 201 graduates. Covers game fundamentals.

Ball Machine Clinic

Coach-led sessions using a ball machine to develop proper stroke technique and focus on specific shot patterns.

Doubles & Bubbles

Join us for a social play night with fun, pro-led games, competitive action, and complimentary drinks.