



Adult Tennis Schedule

Summer/Spring 2025 – Weekly Clinics

Monday

9:00 – 10:30am 2.5–3.0 Clinic
9:00 – 10:30am 3.5–4.0 Clinic
10:30 – 11:30am Tennis 201
6:30 – 8:00pm Bump 'N' Split
6:30 – 8:00pm 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 Stroke of the Week
5:30 – 6:30pm Tennis 201
5:30 – 6:30pm Cardio Tennis

Thursday

9:00–10:30am 4.0 Clinic
9:00 – 10:30am Morning Open 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

***Enquire about Unlimited Tennis Clinics!**

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Class Descriptions

2.5–3.0 Clinic

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

3.5–4.0 Clinic

Emphasizes advanced gameplay and fast-paced drills with live ball exercises.

4.0 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.

'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.