



ADULT PROGRAMS 2019



Day	Time	Clinic	Level	Pro*
Monday	10am-11am	Tennis Fundamentals	3.0 - 3.5	Gani
	6pm-6:30pm	Serving Clinic	Open	Gani
	6pm-7pm	Advanced Cardio	4.0+	Paulo
	6:30pm-7:30pm	Tennis 101	2.0 - 2.5	IB
Tuesday	8am-9am	Cardio	Open	Kaitlin
	9am-10am	Doubles Strategy	2.5 - 3.5	John A
	6pm-7pm	Tennis Fundamentals	3.0 - 3.5	Gani
Wednesday	11am-12pm	Tennis Fundamentals	2.5 - 3.0	John A
	6pm-7pm	Workout and Strategy	2.5 - 3.5	John A
Thursday	8am-9am	Cardio	Open	Kaitlin
	9am-10am	Doubles Strategy	3.5 - 4.5	Gani
Friday	10am-11am	Singles Strategy	3.0 - 3.5	John A
Saturday	8am-9am	Beginner Cardio	2.5 - 3.0	IB
	9am-10am	Tennis 101	2.0 - 2.5	John M
	9am-10am	Advanced Cardio	3.0 - 4.5	IB

*Pros are subject to change from one week to another.

Cardio: \$12/Hour
Clinics: \$14/Hour