



adult



COACHING, CARDIO TENNIS & MATCHPLAY

serves
approach play
volleys
groundstrokes
net play
doubles tactics

COACHING

Monday	7 – 8pm	New & Returning to the Game
Tuesday	7:30 – 8:30pm	Intermediate
	8:30 – 9:30pm	Feeding Frenzy
Friday	9:10-10:10am	Low Intermediate/Intermediate

CARDIO

Wednesday	7 – 8pm	All Standards
Thursday	9:30 – 10:30am	All Standards