



Adult Program Drop-In Clinics FALL 2017



***Beginner Clinic (NTRP 2.5 or total beginner) ask about our 30 for 30** **Res/Non**

Monday, Wednesday	6:00 p.m.—7:00 p.m.	\$10 /\$15
Friday	9:30 a.m.—10:30 a.m.	\$10/ \$15
Saturday	8:00 a.m.— 9:00 a.m.	\$10/\$15
Sunday	8:00 a.m.—9:00 a.m.	\$10/\$15

***Grads Class (NTRP 2.5 players learning strategy and looking to play league)**

Tues, Weds, Thurs	9:00 a.m.—10:30 a.m.	\$15/\$25
Tues, Weds, Thurs	6:00 p.m.—7:30 p.m.	\$15/\$25
Saturday	9:00 a.m.—10:30 a.m.	\$15/\$25

***Senior Drop in Clinic (50 + NTRP 3.0 and above)**

Mon, Wed, Fri	8:00 a.m.—9:30 a.m.	\$15/\$25
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***Reflex Volley clinic NTRP 3.0 & above fast paced volley drills**

Saturday-Sunday	8:00 a.m.—9:00 a.m.	\$10/\$15
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***Daily Drop in Clinic (NTRP 3.0 players and above)**

Mon. through Sun.	9:00 a.m.—10:30 a.m.	\$15/\$25
Mon, Tues, Thur	6:00 p.m.—7:30 p.m.	\$15/\$25
Friday	10:30 a.m.—12:00 a.m.	\$15/\$25

90 minutes of intense live ball drills, match play, games, singles & doubles. For intermediate to advanced players.

***Advanced Clinic (NTRP 4.0 and above players) Must be a 4.0 rated player or above!**

Monday	6:00 p.m.—7:30 p.m.	\$15/\$25
Tuesday	10:30 am—12:00 p.m.	\$15/\$25
Thursday	10:30 am—12:00 p.m.	\$15/\$25
Sunday	10:30 am—12:00 p.m.	\$15/\$25

***Cardio Tennis NEW Intense drill session, (goal is to keep heart rate in your target zone)**

Friday	12 noon— 1:00 p.m.	\$20/\$30
Saturday	7:00 a.m.— 8:00 a.m.	\$20/\$30

Operated by CJMS Tennis Management
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