



Adult Drop-In Clinics Adult Pathway Winter-Spring 2017

<u>Cardio Tennis Clinic</u> NEW	<u>ADVANCED (4.0+)</u>	<u>RES/NON</u>
	Friday	8:00 a.m.— 9:00 a.m. \$20/\$30
	Saturday	7:00 a.m.—8:00 a.m. \$20/\$30

Intense drill session designed to keep you moving at all times. Drills are kept to 1-2 hits max with the emphasis on movement. Not for the faint of heart! (Goal is to keep heart rate in individuals target zone)

Beginner Clinics (2.5 & Below) Ask about our 30/30 program

Beginner/2.5	Monday, Wednesday	6:00 p.m.—7:00 p.m.	\$10/\$15
Beginner/2.5	Friday	9:30 a.m.—10:30 a.m.	\$10/\$15
Beginner/2.5	Saturday	8:00 a.m.— 9:00 a.m.	\$10/\$15
Beginner/2.5	Sunday	8:00 a.m.—9:00 a.m.	\$10/\$15

Grads Class

This unique class prepares beginner players for LEAGUE PLAY & 3.0 Drop -in clinics

Grads	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
<u>Saturday & Sunday (REFLEX VOLLEY)</u>	Saturday-Sunday	8:00 a.m.—9:00 a.m.	\$10/\$15
<u>Senior Drop in Clinic (NTRP 3.0+)</u>	Mon, Wed, Fri	8:00 a.m.—9:00 a.m.	\$10/\$15
<u>Daily Drop in Clinic (NTRP 3.0+)</u>	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.

<u>Advanced Clinic (NTRP 4.0+)</u>	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

Must be 4.0 NTRP rated or above to participate in Advanced Clinic.

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Www.Darlingtennis.com