



# Adult Drop-In Clinics

## SUMMER 6/1 - 8/31



### **\*BEGINNER CLINIC**

(NTRP 2.5 OR TOTAL BEGINNER) \*ASK ABOUT OUR 30 FOR 30 PROGRAM\*

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Monday & Wednesday	6pm - 7pm	\$10 / \$15
Tuesday & Friday	9am - 10am	\$10 / \$15
Saturday	8am - 9am	\$10 / \$15
Sunday	9am - 10am	\$10 / \$15

### **\*GRADS CLASS** (NTRP 2.5 PLAYERS LEARNING STRATEGY AND LOOKING TO PLAY LEAGUES)

Tues, Wed, Thurs	9am - 10:30am	\$15 / \$25
Tues, Wed, Thurs	6pm - 7:30pm	\$15 / \$25
Saturday & Sunday	9am - 10:30am	\$15 / \$25

### **\*SENIOR DROP IN CLINIC** (50+ NTRP 3.0 AND ABOVE)

Mon, Wed, Fri	7:30am - 9am	\$15 / \$25
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### **\*INTERMEDIATE VOLLEY CLINIC** (NTRP 3.0 & ABOVE. FAST PACED VOLLEY DRILLS)

Saturday & Sunday	8am - 9am	\$10 / \$15
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### **\*DAILY DROP IN CLINIC** (NTRP 3.0 PLAYERS & ABOVE. INTERMEDIATE TO ADVANCED)

(90 MINUTES OF INTENSE LIVE BALL DRILLS, MATCH PLAY, GAMES, SINGLES & DOUBLES)

Monday thru Sunday	9am - 10:30am	\$15 / \$25
Monday, Friday, Sunday	7:30am - 9am	\$15 / \$25
Monday & Wednesday	7:30pm - 9pm	\$15 / \$25
Mon, Tues, Thur	6pm - 7:30pm	\$15 / \$25

### **\*ADVANCED CLINIC** (NTRP 4.0 & ABOVE. MUST BE A 4.0 RATED PLAYER OR ABOVE)

Monday & Wednesday	6pm - 7:30pm	\$15 / \$25
Tues, Thurs, Sun	7:30am - 9am	\$15 / \$25
Saturday	8am - 9am	\$10 / \$15

### **\*ADVANCED CARDIO TENNIS (NTRP 3.5 OR ABOVE)**

(INTENSE DRILL SESSION. GOAL IS TO KEEP HEART RATE IN YOUR TARGET ZONE)

Friday	7am - 8am	\$20 / \$25
Saturday	7am - 8am	\$20 / \$25

**\*DROP IN CLINICS ARE LIMITED TO 12 PLAYERS PER COURT\***

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Operated by  
CJMS Tennis Management LLC