

## **2019 -2020 APLEX ADULT TENNIS PROGRAMS**

**Session #1 / October 7 – October 31**

**Session #2 / November 4 – November 21 (3 week session)**

**Session #3 / December 2 – December 19 (3 week session)**

**Session #4 / January 6 – January 30**

**Session #5 / February 3 – February 27**

**Session #6 / March 2 – March 26**

**Session #7 / April 6 - April 30**

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### **Adult Beginner**

For adult players with little or no experience. Serve, rally and score will be the main goals of this class.

**Call for current schedule   Fee - \$50.00 (Member)   \$65.00 (Non-Member)**

### **2.5 – 3.0 Clinic**

For adult players who have experience but still need work on consistency and form to move up the next level.

**Tuesday (11 AM – 12 PM) Fee - \$50.00 (Member)   \$65.00 (Non-Member)**

### **3.5 – 4.00 Clinic**

For adult players who are on teams or looking to play USTA League tennis. A competitive workout!

**Monday (7 PM – 8 PM) & Thursday (11 AM – 12 PM) Fee - \$50.00 (Member)   \$65.00 (Non-Member)**

### **Cardio Tennis**

This class is a cardio workout on the tennis court and will groove all your strokes in a fun atmosphere set to music!

**Monday, Wednesday & Friday (12 PM – 1 PM) & Thursday (6:30 PM – 7:30 PM) Fee - \$7.00 (Member)  
\$14.00 (Non-Member)**

### **3.5 / 4.0 Advanced Cardio**

This will be a more intense cardio workout designed for the minimum 3.5 player and above.

**Tuesday & Thursday (12 PM – 1 PM) Fee - \$7.00 (Member) \$14.00 (non-Member)**

## **Private Singles or Doubles Clinics by appointment**

Get a partner and work on specific shots and strategies for singles or doubles play!

**Schedule with Charlie-   Fee – 2 players / \$20.00 each (Member)   \$25.00 (Non-Member)  
3 or more / \$15.00 each (Member)   \$20.00 (Non-Member)**

**\* DROP IN RATE FOR ALL CLINICS- \$13.00 (Member) \$18.00 (Non-Member)**

**PRIVATE LESSONS (Available on request) Adults \$35.00 or 3/\$99.00 (Member) & \$45.00 (Non-member)**

**Contact: Charlie Drury @906-235-3198**