

ADULT & JUNIOR PROGRAMS

Monday

Singles Strategy & Tactics A, 9:30–11:00am

Level: NTRP rating of 3.5 and above
Cost: \$28 members only

Monday Doubles League, 12:30–2:00pm

Level: NTRP rating of 3.5 and above
Format: Progressive
Cost: \$15 members only

Junior Excellence II, 4:00–6:00pm

Level: Junior varsity and middle school tournament players
Emphasis: Stroke production, rally skills, point construction, and conditioning exercises
Cost: \$30 members, \$35 nonmembers

Orange Ball, 5:00–6:00pm

Level: 6–9 years old
Emphasis: Motor skills, coordination, beginning stroke technique
Cost: \$12 members, \$17 nonmembers

Men's A Drill, 6:00–7:30pm

Level: NTRP rating of 4.5 and above
Format: Stroke production, strategy, & tactical drills
Cost: \$24 members only

Women's B Drill, 6:00–7:30pm

Level: NTRP rating of 3.5 and above
Format: Stroke production, strategy, & tactical drills
Cost: \$24 members only

Men's B Drill, 6:00–7:30pm

Level: NTRP rating of 3.0 to 3.5
Format: Stroke production, strategy, & tactical drills
Cost: \$24 members only

Starting September 8, programming schedule until the end of September or when indoor club is allowed to open. No indoor backup. Call 734.434.6100 or [email](#) to sign up.

Tuesday

Women's B2 Drill, 9:30–11:30am

Level: NTRP rating of 3.5
Format: Strategy and tactical drills
Cost: \$32 members only

Junior Excellence I, 4:00–6:00pm

Level: High school varsity and USTA ranked players
Emphasis: Developmental aspects of tournament players: including point play, rally skills, serve and return abilities, conditioning, and mental toughness
Cost: \$30 members, \$35 nonmembers

Wednesday

Women's 4.0 Drill, 9:30–11:30am

Level: NTRP rating of 4.0
Format: Strategy and tactical drills
Cost: \$32 members only

Cardio Tennis, 2:00–3:00pm

Level: All levels welcome
Format: Heart-pumping fitness/tennis
Cost: \$12 members, \$17 nonmembers

Junior Excellence III, 4:30–6:30pm

Level: Novice tournament players, intermediate players
Emphasis: Fundamental stroke production, point play, basic rally skills, conditioning
Cost: \$30 members, \$35 nonmembers

Green Ball, 4:30–5:30pm

Level: Beginning tournament players, 8–12 years old
Emphasis: Proper stroke mechanics, introduction to rules and play
Cost: \$13 members, \$18 nonmembers

Thursday

Super A Drill, 9:30–11:30am

Level: NTRP rating of 4.5 and above
Format: Strategy and tactical drills
Cost: \$32 members only

Junior Excellence I, 4:30–6:30pm

SEE TUESDAY

Men's 3.5–4.0 Drill, 6:00–7:30pm

Format: Drill and play
Cost: \$24 members only

Friday

Orange Ball, 4:00–5:00pm

SEE MONDAY

Junior Excellence II, 4:30–6:30pm

SEE MONDAY

Green Ball, 5:00–6:00pm

SEE WEDNESDAY

Intermediate Clinic, 6:00–7:30pm

Level: NTRP rating of 2.5 to 3.0
Format: Stroke production
Cost: \$25 members, \$30 nonmembers

Saturday

Singles Strategy & Tactics, 9:00–11:00am

Level: NTRP rating of 3.5 to 4.0
Cost: \$38 members only

Junior Excellence III, 12:30–2:30pm

SEE WEDNESDAY