

# 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: JV 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, 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, 7:30–9:00pm**

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

## 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: Tournament player developmental, including point play, rally skills, serve and return abilities, conditioning, and mental toughness  
Cost: \$30 members, \$35 nonmembers

## Tuesday (con't)

### **Beginner Clinic, 6:00–7:00pm**

Level: Beginner  
Format: Fundamentals of technique  
Cost: \$16 members, \$21 nonmembers

### **Men's B Doubles League, 8:30–10:30pm**

Level: NTRP rating of 3.0 to 4.0  
Format: Progressive  
Cost: \$21 members only

## Wednesday

### **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

### **Women's Night Drill, 6:30–8:00pm**

Level: NTRP rating of 4.0 and above  
Format: Strategy and tactical drills  
Cost: \$24 members only

### **Men's A Doubles League, 8:00–10:00pm**

Level: NTRP rating of 4.0 and above  
Format: Progressive  
Cost: \$21 members only

## 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

## Thursday (con't)

### **Junior Excellence I, 4:30–6:30pm**

SEE TUESDAY

### **Men's 3.5–4.0 Drill, 8:30–10:00pm**

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

## Sunday

### **Davis Cup, 11:00am–1:00pm**

Level: 4.5 & above (men), 5.0 & above (women)  
Format: Singles and doubles play  
Cost: \$22 members only

### **Mixed Doubles, 4:00–6:00pm**

Format: Round-robin competition  
Cost: \$19 members only