



# ADULT SUMMER Tennis Programs

Summer Program Runs  
June 22 - August 22

## Wayland Indoor Programs - 524 Boston Post Road

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00am Cardio Tennis All Levels	9:30 - 11:00am Int Game Changer 3.0	9:00 - 10:30am Longfellow 105 3.0	9:30 - 11:00am Adv Beg Drill & Play 2.0-2.5	9:00 - 10:00am Cardio Tennis All Levels	7:30 - 8:30am Cardio Tennis All Levels
9:30 - 11:00am Adv Beg Game Changer 2.0-2.5		11:30am - 1:00pm FAST 2 3.0	9:30 - 11:00am Adv Beg Dbls Drill & Play 2.0-2.5	11:00am - 12:30pm FAST 1 2.5	10:00 - 11:00am Cardio Tennis All Levels
10:00 - 11:00am Cardio Tennis All Levels	6:00 - 7:30pm Int Drill & Play 3.0-3.5	11:00am - 12:30pm Int Doubles Game Changer 3.0	7:00 - 8:00pm Cardio (Int/Adv) 3.5-4.0	11:30am - 1:00pm Int Match Play 3.0	
11:30am - 1:00pm Int Doubles Game Changer 3.0					

\$44/member | \$50/non-member | Cardio \$25/class Register: Wayland (508) 358-7355

## Regis Outdoor Programs - 235 Wellesley Street, Weston

Monday	Tuesday	Wednesday	Thursday
9:00 - 11:00am League Training 3.0-3.5	9:00 - 10:30am Longfellow 105 3.0-3.5	9:00 - 11:00am League Training 3.0-3.5	9:00 - 10:00am Serve & Return Skills 2.5-3.0
11:00am - 12:30pm Singles Drill & Play 4.0	10:30 - 11:30am Volley Clinic 2.5	11:00am - 12:30pm Learn to Play Beginner	10:00 - 11:30am Pressure Point Play 3.0-3.5

\$40/class (1.5 hrs) | League Training (2 hrs): \$48 | Volley & Serve Clinic (1 hr): \$30  
Register: Natick Tennis (508) 653-4606 or Wayland (508) 358-7355  
or email [ingham@longfellowhealthclubs.com](mailto:ingham@longfellowhealthclubs.com)

## Natick Indoor Programs - 16 Michigan Drive

Monday	Tuesday	Thursday
6:00 - 7:30pm Advanced Beginner Drill & Play 2.0-2.5	6:00 - 7:00pm Beginner Clinic	
7:30 - 9:00pm Advanced Drill & Play 3.5-4.5	7:00 - 8:30pm Men's Intermediate Drill & Play 3.5+	7:00 - 8:30pm Intermediate Drill & Play 2.5-3.0

\$44/member | \$50/non-member | Register: Natick Tennis (508) 653-4606 or Email:  
[ingham@longfellowhealthclubs.com](mailto:ingham@longfellowhealthclubs.com) | Sign up begins 7 days in advance.



# Summer Program Descriptions

## **CARDIO Tennis/Cardio**

This is a high-energy fitness activity that combines features of the sport of tennis with cardiovascular exercise, delivering the ultimate full-body aerobic workout. A fun and social class taught by a tennis professional, it is a great introduction to the sport of tennis. If you are already an experienced player, it is the ultimate way to train for more tennis! Classes are made up of mixed abilities, but you are sure to get the appropriate workout because the pro is skilled at creating the appropriate level of challenge. Transition balls are used to equalize the playing field.

## **Longfellow 105**

Longfellow 105 is a fun, fast-paced doubles game for 4–6 players, where the goal is to be the first team to reach 105 points. Once a team reaches 100 points, they play a Pressure Point. If a team loses the Pressure Point, they lose 20 points from their score. The game moves quickly, the music keeps the energy high, and the scoring rewards aggressive play. Teams typically play 4–5 games during a 90-minute class.

*Groundstroke winner: 5 points • Volley winner: 10 points  
Overhead or lob winner: 20 points • Opponent error: 1 point*

## **GAME CHANGER/Drill & Play Clinics**

These leveled (2.5–4.5) clinics are designed to target level-appropriate tactics of singles or doubles play. The last half hour is supervised play, with the pro helping players put these tactics into successful match-play strategy.

## **FAST 1 and FAST 2**

Learn how to play tennis instantly! Whether you're brand new to the sport or returning after many years, these are the best segue into the sport. Meet people you can practice and play with!

## **League Training**

This fun and competitive clinic is designed for league players rated 3.0–3.5 who want to elevate their game in a supportive team environment. Each session focuses on doubles strategy, shot selection, consistency, court positioning, and match-play situations to help players feel more confident during league matches. Through engaging drills, coached point play, and tactical instruction, players will improve their decision-making, communication, and overall court awareness while enjoying high-energy tennis with fellow competitors.

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## **Levels based on NTRP (National Tennis Rating Program)**

**2.0: Beginner** – Has some experience but struggles with contact points, footwork, & basic positions in singles & doubles.

**2.5: Beginner** – Can sustain slow-paced rallies, judge ball movement, & is ready for social matches or low-level leagues.

**3.0: Beginner-Intermediate** – Consistent with medium-paced shots but lacks directional control, depth, & variety.

**3.5: Intermediate** – Demonstrates reliable strokes with directional control, improved court awareness, & stronger net play.

**4.0: Intermediate-Advanced** – Has dependable groundstrokes, effective volleys, lobs, & approach shots, may lose points due to impatience.

**4.5: Advanced** – Varies pace & spin, controls shot depth, develops game plans, & hits powerful, accurate serves.

**5.0: Advanced** – Anticipates shots well, hits winners, forces errors, & executes advanced shots such as drop shots & half-volleys.