



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**8am-9am**  
**Cardio Tennis**  
A great workout  
for any level!

**8:00am-9:00am**  
**Grinder**  
3.0+

**8:00am-9:00am**  
**Charger**  
3.0+

**8:00am-9:00am**  
**Tool Box**  
3.0+

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**9am-10:30am**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**9am-10:30am**  
**Scrambles**  
2.5 - 3.5

**9am-10:30am**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**9am-10:30am**  
**Longfellow  
Tennis Academy**  
4.0 - 5.0

**10:30am-12pm**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**10:30am-12pm**  
**Longfellow  
Tennis Academy**  
4.0 - 5.0

**10:30am-12pm**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**10:30am-12pm**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**12pm-1pm**  
**FAST**  
Beginner Clinic

**12pm-1pm**  
**FAST**  
Beginner Clinic

**12pm-1pm**  
**FAST**  
Beginner Clinic

**6:30pm-8pm**  
**Longfellow  
Tennis Academy**  
2.5 - 3.5

**7:30pm-9pm**  
**Longfellow  
Tennis Academy**  
4.0 - 5.0

### Pricing

**\$30** - Cardio Tennis, FAST, Grinder, Charger, Toolbox

**\$45.00** - Scrambles, Longfellow Tennis Academy



**Adult Cardio Tennis:** A high-energy workout that blends tennis with cardiovascular fitness. This upbeat, social class is open to all ability levels and delivers a full-body workout while helping you train for the sport.

**FAST:** This is a beginner clinic to get you up and playing as fast as possible.

**Grinder:** Sharpen your groundstroke consistency - the backbone of winning tennis. Think Rafa...

**Charger:** Master the art of all-court and net-rushing play. Take control of the point and pressure your opponent. À la Federer...

**Tool Box:** We'll work on every shot in the book so you're prepared for any situation on court. No stone left unturned!

**Scrambles:** A fun, dynamic doubles session that includes on-court coaching while you play. Players are rotated by the pros throughout the clinic - hence, we "scramble" it up!

**LTA (Longfellow Tennis Academy):** The pride and joy of our adult clinics! LTA brings back the joy of being a junior at the club - but for adults. This class is designed to refine your strokes with focused technical coaching, beyond the typical drill-and-play format.