



Adult Tennis Programs **Natick**

16 Michigan Drive, Natick, MA 01760

FALL 2026

September 9–December 18, 2026

No classes Nov 25–29

Monday

9:00-10:00am
Cardio Tennis
2.0-3.0

10:30-12:00pm
**Adv Beginner
Drill & Play**
2.0-2.5
6-week session

6:00-7:30pm
**Advanced
Beginner**
2.0-2.5

7:30-9:00pm
**Advanced
Drill & Play**
3.5-4.5

Tuesday

10:30-12:00pm
**Advanced
Drill & Play**
3.5-4.5

7:00-8:00pm
Beginner Clinic
4-week session

Wednesday

10:30-12:00pm
**Intermediate
Drill & Play**
3.0
6-week session

12:00-1:30pm
**Pressure
Point Play**
3.0-3.5

7:30-9:00pm
**Men's
Intermediate
Drill & Play**
3.5+

Thursday

9:30-10:30am
Beginner Clinic
4-week session

10:30-12:00pm
**Adv Beginner/
Intermediate
Drill & Play**
2.5-3.0
6-week session

12:00-1:30pm
**Advanced
Intermediate
Drill & Play**
3.0-3.5

7:00-8:30pm
**Intermediate
Drill & Play**
2.5-3.0

Friday

9:30-10:30am
Volley Drills
3.0+
4-week session

10:30-12:00pm
**Advanced
Intermediate
Singles Clinic**
3.0-3.5

Saturday

8:00-9:00am
Hit & Run
3.5+

9:00-10:00am
Beginner Clinic
4-week session

10:00-11:30am
**Intermediate
Drill & Play**
2.5-3.0

Sunday

5:30-7:30pm
**Mixed Doubles
Match Play
& Social**

Costs:

Cardio Tennis/Hit & Run: \$25 (member), (non-member)
Mixed Doubles: \$35 (member), \$50 (non-member)
1.5 hour clinic: \$46 (member), \$66 (non-member)
1 hour clinic: \$32 (member), \$42 (non-member)
6-week session, 1.5 hour: \$276 (member), \$396 (non-member)
4-week session, 1 hour: \$128 (member), \$168 (non-member)
Non-members are limited to 4 visits or 1x/6-week session intro period.

For more information or to register contact:

Eileen Ingham
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508-653-4606

Clinic Descriptions:

Cardio Tennis/Hit & Run

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.

Drill & Play Clinics

We offer Men's and Women's clinics, during the day, night and on weekends. 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.

Beginner Clinic

All basic stroke production will be taught. Drills constructed for teaching forehands, backhands, volleys, and serve will be given. Scoring and court positioning will also be introduced.

Advanced Beginner Clinic

Drills working on stroke mechanics will be covered. Forehands, backhands, volleys, and the serve will be worked on. Some doubles strategies will be covered.

Intermediate Drill and Play Clinic

This clinic emphasizes doubles tennis. Drills are created to work on point play. Players will work on tactics in doubles as well as strategy.

Advanced Intermediate Clinic

A clinic working on doubles tactics and strategy, with drills designed around match play.

Advanced Drill & Play Clinic

This clinic is based around tactics and strategy, with drills constructed around match play, and point play.

Singles Clinic

A clinic where the drills are designed to teach the fundamentals of singles play. Court positioning, point construction, tactics and singles strategy will be taught.

Mixed Doubles Match Play and Social

Enjoy 2 hours of round robin style play followed by refreshments. This weekly social event is all about great tennis, friendly competition, and connecting with fellow players. No Partner needed.

Questions about your level?

Levels based on NTRP (National Tennis Rating Program)

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

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

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

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

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

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

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