



Adult Tennis Programs **Wayland**

524 Boston Post Road, Wayland, MA 01778

FALL 2026

September 9–December 18, 2026

No classes Nov 25–29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:30am 11:00-1:00pm DBH Practice	9:00-11:00am DBH Practice	9:00-1:00pm DBH Matches	9:00-1:00pm DBH Matches		7:30-8:30am Cardio Tennis All Levels	
9:00-10:00am Cardio Tennis All Levels				9:00-10:00am Cardio Tennis All Levels		9:00-11:00am Men's Scramble 3.0-3.5
10:00-11:00am Cardio Tennis All Levels				10:00-11:00am Cardio Tennis All Levels	11:00-2:00pm CMITA Women's Matches	9:30-11:00am Adv Beg/Int Mixed Doubles Practice 3.0-3.5
10:30-12:00pm Singles Advanced Game Changer 4.0	11:00-1:00pm DBH Practice	1:00-2:30pm Women's Grand Prix			2:00-5:00pm CMITA Men's Matches	
1:00-2:30pm Singles Intermediate Game Changer 3.0	1:00-2:30pm Intermediate Basics FAST 2 2.5	7:00-8:00pm CMITA Team Practice 1A Silver Andersen	1:00-2:30pm Beginner's Basic FAST 1 2.0+		5:00-6:30pm Men's C Team In-house League Matches	
7:00-8:30pm Beginner/ Intermediate Game Changer 2.0-2.5	7:00-8:30pm Doubles Adv/Int Game Changer 3.0-3.5	7:00-8:30pm Singles Adv/Int Game Changer 3.0-3.5		For more information on our programs, contact Jeanne at waylandadulttennis@gmail.com. To register, please call the welcome desk at 508-358-7355.		
7:00-8:30pm Men's Doubles Game Changer 3.0-4.0	7:00-8:30pm CMITA Team Practice 1A Silver Fortini/Fanton	7:00-8:30pm Longfellow After Dark 4.0+	7:00-8:00pm Cardio Tennis Advanced			

For information about league programs
(CMITA, DBH, USTA), contact Tonya at
tonyaromanowsk@hotmail.com.

Costs:

Clinics: \$46

Cardio Classes: \$25 (members and non-members)

Clinic Descriptions:

Cardio Tennis

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!

Women's Grand Prix

The Grand Prix (GP) is a fun, social, and competitive women's doubles program where players commit to an eight-month season and play approximately three times a month from early September through the end of April. No instruction, not a league—just great tennis!

Longfellow After Dark

Longfellow After Dark is an advanced clinic featuring high-level tactical drills, point construction, and match-play strategy for experienced players.

League Details:

CMITA matches start late September

**DBH practices start mid-September
and matches start mid-October**

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.