



Adult Tennis Programs **Wellesley**

140 Great Plain Avenue, Wellesley, MA 02482

FALL 2026

September 9–December 18, 2026

No classes Nov 25–29

Monday

8:00–9:00 am
Cardio Tennis
A great workout
for any level!

9:00–10:30 am
**Longfellow
Tennis Academy**
3

10:30–12:00 pm
**Longfellow
Tennis Academy**
4

12:00–1:00 pm
FAST
Beginner Clinic

6:30–8:00 pm
**Longfellow
Tennis Academy**
2, 3

Tuesday

8:00–9:00 am
Grinder
1, 2, 3, 4 (all levels)

9:00–10:30 am
Scrambles
3, 4

10:30–12:00 pm
**Longfellow
Tennis Academy**
1, 2

Wednesday

8:00–9:00 am
Charger
1, 2, 3, 4 (all levels)

9:00–10:30 am
**Longfellow
Tennis Academy**
3

10:30–12:00 pm
**Longfellow
Tennis Academy**
4

12:00–1:00 pm
FAST
Beginner Clinic

7:30–9:00 pm
**Longfellow
Tennis Academy**
1, 2

Thursday

8:00–9:00 am
Tool Box
1, 2, 3, 4 (all levels)

Friday

8:00–9:00 am
Cardio Tennis
A great workout
for any level!

9:00–10:30 am
**Longfellow
Tennis Academy**
1, 2

10:30–12:00 pm
**Longfellow
Tennis Academy**
3, 4

Saturday

8:00–9:00 am
Cardio Tennis
A great workout
for any level!

Member Rating System:

To help us better manage court assignments and ensure everyone is playing at the appropriate level, we are excited to implement a new Member Rating System starting this Fall. This simple **1–4 scale** is designed to streamline our process and clarify player placements.

Rating System Key:

Rating 1: DBH 1, 1a | USTA 3.5–4.5
Rating 2: DBH 2 | USTA 3.0–4.0
Rating 3: DBH 3 | USTA 2.5–3.5
Rating 4: DBH 4 | USTA 2.0–3.0

Please contact Eric Westcott
if you have any questions
about your level:
Email: ericwestcott1@gmail.com
Office: 508-358-7355 x345

Costs: \$30 – Cardio Tennis, FAST, Grinder, Charger, Toolbox
\$45 – Scrambles, Longfellow Tennis Academy

To register, please call the welcome desk at 781-705-2300.

Clinic Descriptions:

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.

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Rating 1: DBH 1, 1a | USTA 3.5–4.5

Rating 2: DBH 2 | USTA 3.0–4.0

Rating 3: DBH 3 | USTA 2.5–3.5

Rating 4: DBH 4 | USTA 2.0–3.0

Please contact Eric Westcott if you have any questions about your level:

Email: ericwestcott1@gmail.com

Office: 508-358-7355 x345 | Cell: 508-414-2285