



Longfellow Wellesley
Tennis & Health Club

ADULT TENNIS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-9:00am Cardio Tennis A great workout for any level!	8:00am-9:00am Grinder Co-Ed 3.0+	8:00am-9:00am Charger Co-Ed 3.0+	8:00am-9:00am Tool Box Co-Ed 3.0+	8:00am-9:00am Cardio Tennis A great workout for any level!
9:00am-10:30am Longfellow Tennis Academy USTA 3.5 - 4.5 DBH 1A, 2, 3	9:00am-10:30am Longfellow Tennis Academy USTA 3.5 - 4.5 DBH 1A, 2, 3	9:00am-10:30am Longfellow Tennis Academy USTA 3.5 - 4.5 DBH 1A, 2, 3	9:00am-10:30am Longfellow Tennis Academy USTA 3.5 - 4.5 DBH 1A, 2, 3	9:00am-10:30am Longfellow Tennis Academy USTA 3.5 - 4.5 DBH 1A, 2, 3
10:30am-12:00pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4	10:30am-12:00pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4	10:30am-12:00pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4	10:30am-12:00pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4	10:30am-12:00pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4
1:00pm-2:30pm Longfellow Tennis Academy USTA 3.0 - 3.5 DBH 3	1:00pm-2:30pm Longfellow Tennis Academy USTA 3.0 - 3.5 DBH 3	1:00pm-2:30pm Longfellow Tennis Academy USTA 4.0 - 4.5 DBH 1A	1:00pm-2:30pm Longfellow Tennis Academy USTA 3.0 - 3.5 DBH 3	1:00pm-2:30pm Longfellow Tennis Academy USTA 2.5 - 3.5 DBH 3,4

Pricing

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

\$45.00 - Longfellow Tennis Academy

Questions?

Please contact Coach Eric - ericwestcott1@gmail.com

Definitions:

Cardio Tennis: A high-energy group fitness class, set to fun music using tennis drills and movements to get a cardio workout, regardless of skill level.

Grinder: A gritty, endurance-focused tennis clinic that builds mental toughness and consistency through repetitive, high-volume baseline rallying drills.

Charger: A high-intensity tennis clinic designed to energize and challenge players, focusing on aggressive shot-making, speed, and competitive drills.

Tool Box: A skills-based tennis clinic focused on building and expanding a player's repertoire of shots and techniques.