



ADULT TENNIS PROGRAMS

AT LONGFELLOW WELLESLEY

Spring Schedule: April 24th - June 28th, 2026

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+	8am-9am Cardio Tennis A great workout for any level!	8am-9am Cardio Tennis A great workout for any level!
9am-10:30am Longfellow Tennis Academy 2.5 - 3.0	9am-10:30am Scrambles 2.5 - 3.0	9am-10:30am Longfellow Tennis Academy 2.5 - 3.5	9am-10:30am Scrambles 2.5 - 3.0	9am-10:30am Longfellow Tennis Academy 4.0 - 4.5	
10:30am-12pm Longfellow Tennis Academy 3.0 - 3.5	10:30am-12pm Longfellow Tennis Academy 4.0 - 4.5	10:30am-12pm Longfellow Tennis Academy 3.0 - 3.5	10:30am-12pm Longfellow Tennis Academy 4.0 - 4.5	10:30am-12pm Longfellow Tennis Academy 2.5 - 3.5	
12pm-1pm FAST Beginner Clinic		12pm-1pm FAST Beginner Clinic			
		6:00pm-7:30pm Longfellow Tennis Academy 3.0 - 4.0			
6:30pm-8pm Longfellow Tennis Academy 3.0 - 3.5		7:30pm-9pm Longfellow Tennis Academy 4.0 - 4.5			

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.