

Longfellow Tennis Club Natick Adult Clinics Winter 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am-10:00am CARDIO Tennis (2.0-3.0)			7:00am-8:00am Hit & Run (3.0+) 9:00am-10:30am Beginner Clinic 6-wk session	9:30am-10:30am Volley Drills (3.0+) 4-wk session	8:00am-9:00am Hit & Run (3.5+) 9:00am-10:00am Beginner Clinic 4-wk session
	12:30pm-2pm Adv Beginner Drill & Play (2.0-2.5) 6-wk session	10:30am-12:00pm Advanced Drill & Play (3.5-4.5)	10:30am-12:00pm Adv Intermediate Drill & Play (3.0-3.5) 6-wk session	10:30am-12:00pm Adv Beginner / Intermediate Drill & Play (2.5-3.0) 6-wk session	10:30am-12:00pm Adv Intermediate Singles Clinic (3.0-3.5)	10:00am-11:30am Intermediate Drill & Play (2.5-3.0)
		10:30am-12:00pm Advanced Beginner Doubles Strategy (2.5) 6-wk session	12:00pm-1:30pm Doubles Strategy (3.0-3.5)	12:00pm-1:30pm Adv Intermediate Drill & Play (3.0-3.5)		
5:30pm-7:30pm Mixed Doubles Match Play & Social	6:00pm-7:30pm Advanced Beginner (2.0-2.5) 7:30pm-9:00pm Advanced Drill & Play (3.5-4.5)	7:00pm-8:00pm Beginner Clinic 4-wk session	7:30pm-9:00pm Men's Multi Level Drill & Play (3.5+)	7:00pm-8:30pm Intermediate Drill & Play (2.5-3.0)		

Winter 1/2-3/21/26 No clinics: 2/14-2/20/26

1.5 hour clinic \$44 (member), \$56 (non-member)

6-Week Session: 1.5hr \$264 (member), \$336 (non-member)

4-Week Session: 1.5hr \$176 (member), \$224 (non-member)

4-Week Session: 1hr \$120 (member), \$140 (non-member)

CARDIO: \$20 (member), \$25 (non-member)

Mixed Doubles \$30 (member), \$40 (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: ingham@longfellowhealthclubs.com, (508) 653-4606

