



## 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 - 3.5

9am-10:30am

### Scrambles

2.5 - 3.5

9am-10:30am

### Longfellow Tennis Academy

2.5 - 3.5

9am-10:30am

### Scrambles

2.5 - 3.5

9am-10:30am

### Longfellow Tennis Academy

4.0 - 5.0

10:30am-12pm

### Longfellow Tennis Academy

2.5 - 3.5

10:30am-12pm

### Longfellow Tennis Academy

4.0 - 5.0

10:30am-12pm

### Longfellow Tennis Academy

2.5 - 3.5

10:30am-12pm

### Longfellow Tennis Academy

4.0 - 5.0

10:30am-12pm

### Longfellow Tennis Academy

2.5 - 3.5

12pm-1pm

### FAST

Beginner Clinic

12pm-1pm

### FAST

Beginner Clinic

12pm-1pm

### FAST

Beginner Clinic

6:30pm-8pm

### Longfellow Tennis Academy

2.5 - 3.5

7:30pm-9pm

### Longfellow Tennis Academy

4.0 - 5.0

### 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.