

Weekly Core Tennis Offerings

Fall/Winter 2025-26

Use the app to sign-up

Monday
3.5/4.0 105 CAPP – 10:30-12pm
3.0 Doubles League - 12:30-2pm*
Skills and Drills – 5:30-6:30pm
Tuesday
Skills and Drills - 12-1pm
3.0/3.5 CAPP – 6-7:30pm
Singles League 3.0-4.0 – 8-9:30pm*
Wednesday
3.0 CAPP – 10:30-12pm
Skills and Drills - 12-1pm
4.0 Doubles League – 8-9:30pm*
Thursday
3.0 CAPP - 10:30-12pm
Doubles League 3.0-4.0 - 8:30-10pm*
Friday
Cardio Tennis - 7:30-8:30am
3.0 Doubles League - 10:30-12pm*
Saturday
Cardio Tennis – 7:30-9am
3.5/4.0 CAPP - 8-9:30am
Skills and Drills - 9-10am
3.0 CAPP - 11-12:30pm
Sunday
3.0 CAPP - 9-10:30am
3.5/4.0 CAPP - 10:30-12pm



420 Church Street
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Guilfordracquet.com

Core Programming Descriptions

CAPP – This is a fast-paced game, usually played with 6 people, but can be played with 4 or more people. It’s a doubles-based game, with balls fed in by a pro. Points are awarded by winning 3 points in a row at the net OR by hitting a winner. **\$38m/\$49nm**

105 CAPP – Similar to CAPP but you can score points by hitting different kinds of shots. Easy to learn and super fun! **\$38m/\$49nm**

Skills and Drills – This is a great place for beginner to advanced beginners to hone their skills and hit a lot of balls under the guidance of one of our fabulous pros. Open to players 2.0-3.0. **\$26m/\$33nm**

Cardio Tennis – This is open to all levels. It’s a combination of tennis and cardio exercises. Listen to music while playing tennis and working out! You will hit tons of balls, but you will also run, do jumping jacks and laugh a lot! **\$26m/\$33nm (1 ½ hr cardio, \$36m/\$45nm)**

Doubles League – \$25.50

Singles League - \$39

*Members Only

Registration opens one week in advance for all core programming. Use the app to sign-up or email desk@guilfordracquet.com. Members have priority placement and pricing. If a group is full, contact the desk to see if any non-members are registered. You must do this at least 24 hours in advance to “bump” a non-member. If only 1-2 players sign-up for any of these programs, we reserve the right to cancel or reduce the amount of time.