Weekly Core Tennis Offerings

Fall/Winter 2026-27

Use the app to sign up

Monday
3.5/4.0 105 CAPP – 10:30-12pm
2.5/3.0 Doubles League - 12:30-2pm*
Skills and Drills – 5:30-6:30pm
Tuesday
Skills and Drills - 12-1pm
3.0/3.0+ CAPP – 6:30-8pm
Singles League 3.0/3.5 – 8-9:30pm*
Wednesday
Cardio Tennis – 7:30-8:30am
2.5/3.0 CAPP – 10:30-12pm
Skills and Drills - 12-1pm
3.5/4.0 Doubles League – 8-9:30pm*
Thursday
2.5/3.0 CAPP - 10:30-12pm
3.0/3.5 Doubles League - 8:30-10pm*
Friday
Cardio Tennis - 7:30-8:30am
2.5/3.0 Doubles League - 10:30-12pm*
Saturday
Cardio Tennis – 7:30-9am
3.5/4.0 CAPP - 8-9:30am
Skills and Drills – 9-10am
3.0/3.0+ CAPP - 11-12:30pm
Sunday
3.0/3.0+ CAPP - 9-10:30am
3.5/4.0 CAPP - 10:30-12pm

8/29/26

Guilford Racquet & Swim Club

420 Church Street
Guilford, CT 06437
203-453-4367
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 3.0 to 4.0 players. It's a combination of tennis and cardio exercises. Listen to music while playing tennis with decompressed orange balls. You will hit tons of balls, but you will also run 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.