

# Summer 2026 Core Tennis Offerings

## Begins June 19th

Use the app to sign-up

Email [Chris@guilfordracquet.com](mailto:Chris@guilfordracquet.com) to learn all about our tennis programs and to set-up and intro session.

<b>Monday</b>
3.0-4.0 - Cardio Tennis – 9:30-10:30am
2.5-3.0 Doubles League – 10-11:30am (outside) *
Skills and Drills – 5:30-6:30pm
<b>Tuesday</b>
Skills and Drills – 12-1pm
3.0 CAPP – 6:30-8pm
3.0-4.0 Men’s Singles League – 8-9:30pm (inside & outside)*
<b>Wednesday</b>
3.0-4.0 - Cardio Tennis – 7:30-8:30am
2.5-3.5 – Singles League – 7-8:30am (outside)
3.0 CAPP – 9-10:30am
3.5-4.0 105 CAPP – 10:30-12pm
Skills and Drills – 12-1pm
3.5-4.0 105 CAPP – 5:30-7pm
<b>Thursday</b>
2.5-3.0 CAPP – 9-10:30am
3.0-3.5 - Men’s Doubles League – 8-9:30pm *
<b>Friday</b>
3.0-4.0 - Cardio Tennis - 7:30-8:30am
<b>Saturday</b>
2.5-3.5 – Singles League – 7-8:30am (outside)
3.0-4.0 - Cardio Tennis - 8-9:30am
3.5-4.0 CAPP - 8-9:30am
3.0 CAPP – 9:30-11am
<b>Sunday</b>
3.0 CAPP - 9-10:30am
3.5-4.0 CAPP - 10:30-12pm
2.5-3.5 - Sunday League, Men & Women, 4-5:30pm



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** – If you like CAPP, you’ll love this new offering where you score points for hitting certain shots. Easy to learn! **\$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 exercise. Listen to music while playing tennis and getting a good workout! Played with orange balls. **\$26m/\$33nm (1 hr.) \$36m/\$45nm (1 ½ hrs.)**

**Leagues – FREE in the Summer!** Organized games with no pro.

Registration opens one week in advance for all core programming. Use the app to sign-up or email [desk@guilfordracquet.com](mailto: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. Groups are inside unless otherwise noted.

\*Members only

6/6/26