

Adult Tennis Program

September 2017 – August 2018

Cardio Tennis – A high energy fitness activity that combines tennis with cardiovascular exercise delivering the ultimate aerobic workout.



Level	Day	Time	Member	Non-Member
All Levels	Tuesdays	9:00am-10:00am	\$15.00/class	\$25.00/class
All Levels	Tuesdays	6:00pm-7:00pm	\$15.00/class	\$25.00/class
All Levels	Fridays	9:00am-10:00am	\$15.00/class	\$25.00/class
2.5-3.0	Saturdays	9:00am-10:30am	\$22.50/class	\$32.50/class
3.5 & Up	Saturdays	9:00am-10:30am	\$22.50/class	\$32.50/class

Sports Fitness Tennis- This is a high intensity workout that incorporates skill improvement with tennis specific training.

Level	Day	Time	Member	Non-Member
3.0 & Up	Mondays	8:30am-10:00am	\$22.50/class	\$32.50/class

*One month commitment. \$27 per class drop in rate.

Adult Drills/Lessons – These drills focus on technique, court positioning, and strategy.

Level	Day	Time	Member	Non-Member
2.5-3.0 coed Drill	Mondays	1:00pm-2:30pm	* \$22.50/class	* \$32.50/class
Tennis 101	Tuesdays	7:00pm-8:30pm	\$96/8 weeks	\$120/8 weeks
Tennis 102 Beginner Drill & Play	Wednesdays	7:00pm-8:30pm	* \$22.50/class	* \$32.50/class

*One month commitment. \$27 per class drop in rate.

Friday Night Social – This is a coed doubles mixer. Enjoy playing with different tennis partners throughout the night and then head out for dinner and cocktails (not included in price).

Level	Day	Time	Member	Non-Member
3.5-4.5	Fridays	5:45pm-7:45pm	\$15	\$25

*Reply "Yes" to the invitation or email Scott Niemi to sign up each week.

Leagues – Fall Session (Sept 5-Jan 14) Winter/Spring Session (Jan 15-May 20)

Day	Level	Time
Monday	Men's 4.5/5.0 Singles	4:15-5:45PM/5:45-7:15PM
Monday	Coed 4.0/4.5 Doubles	7:15-8:45PM
Tuesday	Ladies' 4.0 Doubles/Singles	6:00-7:30PM
Tuesday	Coed 3.5-4.0 Singles	7:30-9:00PM
Wednesday	Coed 3.0 Doubles/Singles	5:30-7:00PM
Wednesday	Coed 3.5 Doubles	6:30-8:00PM
Thursday	Ladies' 3.0 Doubles/Singles	9:00-10:30AM
Thursday	Ladies' 3.5 Doubles	8:30-10:00AM
Thursday	Coed 4.0/4.5 Singles	6:00-7:30PM
Thursday	Men's 4.5-5.0 Doubles	7:30-9:00PM

*More leagues will be formed upon demand.

Singles Challenge Ladder – We schedule you 2 matches per month – you schedule when you play them.

\$15 to join for the whole session and just pay court time when you play. Eligible for unlimited court time.

Call 560-0105 or email Scott Niemi @ sniemi@valleyathletics.com to sign up.