ADULT PATHWAY TENNIS - PADEL - PICKLEBALL



These programs are designed for all Tennis, Padel and Pickleball levels and will incorporate all the principles of the sports.

RN & CTICE	PRIVATE LESSON	CLINICS	SPECIAL CLINICS	TENNIS XPRESS
LEARN	○PRIVATE: 1 PLAYER ○SEMIPRIVATE: 2 PLAYERS ○GROUP LESSONS: +3 PLAYERS	• GROUP LESSONS +3 PLAYERS	∘DOUBLES ∘TACTICS ∘TECHNICAL	•PROGRAM DESIGNED FOR BEGINNERS •LEARN THE BASIC TECHNIQUES, TACTICS AND RULES OF TENNIS
7	Events & Tournaments			

OMPETITIO

Ö

SUNDAY LEAGUES INTERCLUBS

OLADIES oSINGLE OMENS ODOUBLES

oTEAM oMIXED

TOURNAMENT

oSINGLE ODOUBLES

oTEAM.

HEAD TO HEAD

MATCHING UP PLAYERS WITH SIMILAR LEVELS **AND TIMES**

USTA LEAGUES

BASED ON THE NTRP RATING SYSTEM TO PLAY AGAINST PLAYERS OF SIMILAR ABILITIES

LIFESTYLE PROGRAMS

Our lifestyle programs are tailored to enhance your tennis skills while considering the demands of your busy adult life. Elevate your game and lifestyle with our specialized clinics!

CARDIO -TENIS

COMBINATION OF CARDIOVSCULAR EXERCISES BURN UP TO 700 CALORIES!

FUNCTIONAL TENNIS

DYNAMIC CLASS DESIGNED TO BOOST YOUR STRENGTH. FLEXIBILITY WHILE TARGETING SPECIFIC **TENNIS MOVEMENTS**

SOCIAL EVENTS

ALTERNATIVE COMPETITIVE PROGRAMS WHILE KEEPING A FUN AND FRIENDLY ENVIRONMENT

0 - 1.5 **LERN TO PLAY**

2.0 - 2.5NOVICE

3.0 INTERMEDIATE

3.5 HIGH INTERMEDIATE

4.0 +**ADVANCED**