

ADULT TENNIS PROGRAMS

Tyler Athletic & Swim Club



Tennis 101 (4 week adult beginner series) Mondays 9-10am, Wednesdays 6-7pm

Are you ready to go from 0 to pro in 4 short weeks? To meet new friends, learn new skills and have fun playing tennis? Our Tennis 101 sessions are designed specifically for adults new to the game.

Members: Complimentary / Non-members: \$100

Tennis 201 Mondays 10-11am, Wednesdays 7-8pm, Fridays 9-10am

Designed for the player who is returning to the game or is a Tennis 101 graduate, this weekly clinic will give you the basic fundamentals of the game.

Members: \$15 / Non-members: \$22

Open Clinic Mondays & Wednesdays 9-10:30am, Tuesdays 6:30-8pm, Thursdays 9-10:30am & 6-7:30pm, Saturdays 9:30-11am

An energetic 90 minute session of drilling, strategy, and point play.

Members: \$23 / Non-members: \$30

Ladies 4.0 Drills Mondays 5:30-6:30pm

This clinic focuses on the more advanced aspects of the game to improve on. Need an explanation on how to hit a certain shot? This is the clinic for you!

Members: \$15/ Non-members: \$22

Mens 4.0+ Drills Mondays 6:30-7:30pm

This clinic focuses on the more advanced aspects of the game to improve on. Faced paced drills with live-ball games.

Members: \$15/ Non-members: \$22

Cardio Tennis Mondays 6:30-7:30pm, Tuesdays 9-10am, Fridays, 8-9am, Saturdays 8:30-9:30am

Take your cardio routine out of the gym and on to the tennis court! Cardio Tennis is designed to give you a complete cardio workout.

Members: \$13 / Non-members: \$18

Couples Clinic Fridays 6-7pm

Looking to add some chemistry between you and your partner on court? This clinic features mixed doubles drills as well as some friendly Boys vs Girls competitions! To complete your date night, join classmates at a nearby restaurant for dinner and drinks.

Members: \$15 / Non-members: \$22

Sip 'N Serve Tuesdays 6:30-8:00 pm (Participants must be 18+)

Join us for a new kind of Tennis Program that is flexible and fits your schedule and it doesn't matter if you are brand new to the game, play on a regular basis or dusting off the high school racquets. This program is perfect for all levels, including those who have graduated from Tennis 101. Per Class: Members: \$17 / Non-Members \$22