

Adult Summer Tennis Programs



Make your summer more active, social and fun by playing tennis. Whether you're a beginner, getting back on the court or looking for a great workout, we have a program for you.

Summer session dates

Session one: June 8 through July 2

Session two: July 13 through August 6

No classes: July 6 through July 10

Beginner Programs

Tennis in Four Weeks

Join a fun, welcoming class designed for adults who are new to tennis or returning to the game. You'll learn about the basics, build your confidence and start playing real points in our 60-minute sessions.

When

Wednesdays: 6 to 7 pm

Session one: June 8, 15, 22 and 29

Session two: July 13, 20, 27 and August 3

Cost

\$50 members, \$65 nonmembers (per session)

Adult Beginner Tennis

This class is a great next step for newer players looking to improve their skills. Our instructors can help you build consistency, learn to rally and become more comfortable playing points. Join our four-week, 90-minute sessions today.

When

Mondays: 7 to 8:30 pm

Session one: June 8, 15, 22 and 29

Session two: July 13, 20, 27 and August 3

Cost

\$120 members, \$145 nonmembers (per session)

Drill-Based Programs

Drill & Play

This class combines live-ball drills, movement, strategy and point play for a fun experience. With competitive matches, our class is ideal for adults who want an organized practice and a good workout. This 90-minute class is intended for levels 3.0+. Drop-ins are acceptable.

When

Mondays: 9 to 10:30 am

Tuesdays: 8 to 9:30 am

Thursdays: 6 to 7:30 pm

Cost

\$25 members, \$30 nonmembers (per class)

Cardio Tennis Programs

Cardio Tennis

Join a high-energy tennis workout with movement, drills and plenty of hitting. In this 60-minute class, you can sweat, play and have fun. Drop-ins are acceptable.

When

Mondays: 7 to 8 pm

Wednesdays: 7 to 8 pm

Fridays: 9:30 to 10:30 am

Cost

\$15 members, \$18 nonmembers (per class)

Senior Cardio

Join a fun 60-minute social tennis workout that focuses on movement, coordination and staying active on the court. Drop-ins are acceptable.

When:

Tuesdays: 8:30 to 9:30 am

Fridays: 8:30 to 9:30 am

Cost

\$15 members, \$18 nonmembers (per class)

Cardio Tennis Plus

Join a 90-minute, fast-paced cardio tennis class with drills, movement and more time to play. Drop-ins are acceptable.

When

Tuesdays: 9:30 to 11 am

Thursdays: 9:30 to 11 am

Saturdays: 10:30 am to noon

Cost

\$18 members, \$22 nonmembers (per class)

Costs are per day, per session.

For more information or to register, please visit the Tennis Desk or call 847.802.7021.



Summer Tennis Evening Classes



Keep your skills sharp this summer with our evening tennis classes. These classes are ideal for players who are seeking consistent weekly training. If you cannot attend a day camp or want extra time on the court during the summer, these sessions could be for you.

Please note: Evening classes will run in two separate four-week sessions.

Session 1: June 9 through July 2

Session 2: July 14 through August 6

Orange and Red Ball

This class is designed for orange ball players who want to improve their stroke development, rally skills, movement and confidence through fun drills, games and point-play activities.

Session 1

June 9, 16, 23 and 30

Session 2

July 14, 21, 28 and August 4

When

Tuesdays: 4:30 to 5:30 pm

Cost

\$80 members

\$100 nonmembers (per session)

Sliver/Gold

This class is designed for junior players who are ready for a higher level of training, focusing on consistency, footwork, serving, point construction, competitive games and match play.

Session 1

June 10, 17, 24 and July 1

Session 2

July 15, 22, 29 and August 5

When

Wednesdays: 5:30 to 7 pm

Cost

\$120 members

\$150 nonmembers (per session)

Middle/High School Intermediate

This class is designed for middle school and high school players who want to improve their tennis skills. Our sessions will focus on rally consistency, serving, movement and point play. It may be a good fit for players preparing for school tennis teams or for those looking to stay active during the summer.

Session 1

June 11, 18, 25 and July 2

Session 2

July 16, 23, 30 and August 6

When

Thursdays: 5 to 6 pm

Cost

\$80 members

\$100 nonmembers (per session)

Registration is required. Space is limited.

For more information or to register, please visit the Tennis Desk or call 847.802.7021.