



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Tennis

West YMCA

April 3rd - May 31st

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
9am			Women's 3.0 Drills Adult Lower Tennis Courts Kyle Warner 9am - 10:30am	Cardio Tennis Adult Upper Tennis Courts Kyle Warner 9am - 10am			
10am		Start/Restart Adult Lower Tennis Courts Kyle Warner 10am - 11am		Dynamic Doubles Drill Adult Lower Tennis Courts Kyle Warner 10am - 11:30am			
12pm	Women's 3.5+ Doubles League Adult Lower Tennis Courts 12pm - 1:30pm	Men's Doubles League Adult Lower Tennis Courts 12pm - 1:30pm					
	Women's 2.5-3.0 Doubles League Adult Upper Tennis Courts 12pm - 1:30pm						
6pm		Women's 3.5/4.0 Drills Adult Upper Tennis Courts Kyle Warner 6pm - 7:30pm			Cardio Tennis Adult Upper Tennis Courts Kyle Warner 6pm - 7pm		
7pm	Adult Intermediate (3.0-3.5) Adult Upper Tennis Courts Kyle Warner 7:30pm - 9pm	Start/Restart Adult Upper Tennis Courts Kyle Warner 7:30pm - 8:30pm	Cardio Tennis Adult Upper Tennis Courts Kyle Warner 7:30pm - 8:30pm	Adult Advanced (3.5+) Adult Lower Tennis Courts Kyle Warner 7:30pm - 9pm			
	Men's Drill (3.0+) Adult Lower Tennis Courts Kyle Warner 7:30pm - 9pm		Men's Doubles League Adult Lower Tennis Courts 7:30pm - 9pm				
8pm				Men's 4.0+ Open Court Adult Upper Tennis Courts 8pm - 9:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions

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Adult Advanced (3.5+) - For players with an NTRP rating of 3.5+, this is a high intensity practice with an overall objective of developing all-court players. Pro approval is needed. Members: \$40/mo., Community Participant: \$65/mo.

Adult Intermediate (3.0-3.5) - For players with an NTRP rating between 3.0-3.5, this class fine tunes the fundamentals for players with previous playing/lesson experience. Members: \$40/mo., Community Participant: \$65/mo.

Cardio Tennis - Swing a racquet and burn calories with this high-intensity 1-hour aerobic workout. Everyone is welcome, regardless of skill level. Non-marking soles are required. Tennis racquets are available for use.

Dynamic Doubles Drill - Doubles strategy drills. Members: \$10/session, Community Participant: \$20/session

Men's 4.0+ Open Court - Open court for men rated 4.0 and above.

Men's Doubles League - For players with an NTRP rating between 3.0-3.5. Members: \$35/mo, Community Participant: \$60/mo.

Start/Restart - Teaches technique, builds skill, and gets you ready for the next steps of your tennis game. Using traditional beginner drills with modified equipment, you'll quickly gain confidence in your skills on the court. Members: \$25/mo., Comm. Part: \$50/mo.

Women's 2.5-3.0 Doubles League - For players with an NTRP rating between 2.5-3.0. Members: \$35/mo, Community Participant: \$60/mo.

Women's 3.0 Drills - Drill is open to all players rated 3.0. Players drill for the majority of the time. Members: \$10/session, Community Participant: \$20/session.

Women's 3.5/4.0 Drills - Drill is open to all players rated 4.0 and above. Players drill for the majority of the time. Members: \$10/session, Community Participant: \$20/session.

Women's 3.5+ Doubles League - For players with an NTRP rating of 3.5+. Registration required. Members: \$35/mo, Community Participant: \$60/mo.