



ADULT TENNIS

SUMMER 2017

3-WEEK SESSIONS

ADULT INTERMEDIATE

3.0-3.5 NTRP

Members: \$40 Comm. participant: \$65

Monday & Wednesday: 6:30pm-8:00pm

This class fine tunes the fundamentals for players with previous playing/lesson experience.

ADULT ADVANCED

3.5+ NTRP

Members: \$40 Comm. participant: \$65

Monday & Wednesday: 6:30pm-8:00pm

High-intensity practices with the overall objective of developing all-court players.

START/RESTART

Adult Beginner

Members: \$40 Comm. participant: \$65

Tuesday & Thursday: 6:00pm-7:00pm

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.

Session 1: June 12-July 1

Session 2: July 10-29

Session 3: July 31-Aug 19

DROP-IN ALL SUMMER

CARDIO TENNIS

Drop-in single classes for all levels

Members: \$5 Comm. participant: \$10

Monday & Wednesday: 8:00am-9:00am

Tuesday & Thursday: 6:30pm-7:30pm

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.

LEAGUES June 12-September 1

SINGLES FLEX LEAGUE

3.0, 3.5, 4.0, 4.5+ NTRP Mens & Womens

Members: \$25 Comm. participant: \$35

Fun and competitive matches for players of all levels in both singles and doubles. You'll get all the fun of a USTA League, but you play whenever it's convenient for you! Players are grouped with those of the same NTRP rating in an organized 7-10 week league.

DON'S MIXED DOUBLES LEAGUE

2.5-3.5 NTRP

Members: \$40 Comm. participant: \$65

Thursday: 12:00pm-2:00pm

Grand Traverse Bay YMCA Legend, Don Spalla's, Mixed Doubles League. Players will partner with various players and have a chance to play with or against the legend himself!

DOUBLES FLEX LEAGUE

6.0-6.5, 7.0-7.5, 8.0+ NTRP

Mens, Womens & Mixed

Members: \$20 Comm. participant: \$25

Fun and competitive matches for players of all levels—from beginner to advanced in both singles and doubles format. You'll get all the thrills, excitement and fun of USTA League, but on your own schedule. Players are grouped with those of the same NTRP rating.

TENNIS HAS SOMETHING FOR EVERYONE!

REGISTRATION

Name (1) _____ Birth Date _____ Phone Number _____

Address _____ Email _____

Program _____ Session(s) _____

Name (2) _____ Birth Date _____ Phone Number _____

Address _____ Email _____

Program _____ Session(s) _____

Name (3) _____ Birth Date _____ Phone Number _____

Address _____ Email _____

Program _____ Session(s) _____