



Adult Tennis Programs

Starts 10/21/18

SUNDAY

7:30AM – 9AM	Drill + Play Clinic (3.0 – 4.5)	Stroke technique, footwork, strategy, and rules for advanced league play.	\$39 Members \$54 Guests
10AM - 11:30AM	CMITA Women's B Team Round Robin (3.0-3.5)	Formal round robin for invite-only B Team Players.	\$15.50 Members Invite Only

MONDAY

9AM – 10:30AM	DBH IV Team Practice (Stillman)	Closed practice.	\$39 Members \$54 Guests
5:30PM - 6:30PM	Meet Your Match (All Levels)	For players who are new to the BAC tennis scene or are looking to find new tennis partners.	FREE Members Only
6:30PM - 8PM	Drill & Play Clinic (1.5 - 3.5)	Stroke technique, footwork, strategy, and rules for league play.	\$39 Members \$54 Guests
6:30 PM - 8PM	CMITA Women's A1 Practice (4.0+)	Women's team practice.	\$39 Members Invite Only

TUESDAY

8:30AM – 10AM	DBH II Team Practice (Stillman)	Closed practice.	\$39 Members \$54 Guests
10AM - 11:30AM	DBH Team Practice (3.0 - 3.5)	High performance team drills for our league players.	\$39 Member Invite Only


WEDNESDAY

10AM - 11AM	HIFAST (2.0 - 3.5)	High intensity clinic featuring a variety of drills focusing on footwork, accuracy, and speed.	\$25 Members \$40 Guests
7PM - 8:30PM	*USTA Mixed Practice (8.0)	Round Robin for invite-only men and women team players.	\$15.50 Members Invite Only
7PM - 8:30PM	*CMITA Women's A Team Round Robin (4.5+)	Round Robin for invite-only women team players.	\$15.50 Members Invite Only

THURSDAY

9AM – 10AM	Tip of the Week (2.5+)	USPTA certified instructors lead high-energy drills focused on refining a specific skill.	\$25 Members \$40 Guests
6:30PM – 8PM	CMITA Mens / Womens Mixed Team Practice (3.5+)	High intensity clinic for our men and women players.	\$39 Members Invite Only

FRIDAY

9:30AM–10:30AM	Tuned-Up Tennis (All Levels) 	High-energy cardio tennis workout with movement and play patterns to music to amp up your tennis play.	\$25 Members \$40 Guests
10:30AM-11:30AM	Beginner/Advanced Beginner Clinic (All Levels)	A fun clinic for the beginner or advanced-beginner player.	FREE Members Only

SATURDAY

10AM – 11AM	Skills & Drills (2.5 - 3.5)	High energy drills focused on refining skills.	\$25 Members \$40 Guests
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Save your spot & enroll online: www.memberselfservice.com/500110
For first-time users, your username & password is your key tag number.

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Times, prices, and programs subject to change. Advance sign up online is required.