

ladies TENNIS

adult beginner clinics

Emphasis on basic stroke technique, proper footwork and movement. Scoring and basic rules are explained.

This clinic gets you ready to play and compete. Start off the right way and you will improve quickly. \$15 member (\$25/guest)

Tuesday 10am, Thursday, 7pm, Saturday 10am

adult intermediate clinics

Emphasis on technique and incorporating strokes, movement, positioning and placement. Tactics and strategy taught in appropriate format. \$15 member (\$25/guest)

Saturday 10am

adult stroke & drill clinics

Work on specific strokes then incorporate these into your game with drills and a structured competitive format.

1.5 hours. \$22 member (\$32/guest)

Monday & Friday 9am - 10:30am

adult stroke & strategy clinics

Special work on individual strokes. 1 hour: \$15 member (\$25/guest), 1.5 hours: \$22 member (\$32 guest)

1 hour clinic: Tuesday 7pm, Thursday 9pm 1.5 hour clinic: Wednesday 9am

ladies specific level drills

Drills and match play situations for your NWTL level of play. \$22 member (\$32/guest)

C Ladies: Friday 9am - 10:30am

usta cardio tennis

Sign up needed in advance. Limited # of participants. A nation-wide fitness & tennis program from TIA that promises "heart pumping fitness" including warm up, cardio workout, great music and a chance to improve your game.

\$10 member (\$20/guest)

Monday, Wednesday, Thursday 7am

Tuesday, Friday, Saturday 9am

ladies competitive social leagues

USTA Ladies League (Beginner - Advanced) play Jan - May, 40 & over meet Monday AM or PM. 18 & over and 55 & over meet Tuesday AM or PM. Must be a USTA member. NWTL League (Beginner - Advanced) plays Wed, Thu, Fri AM Jan - May.

ladies team lessons

Lessons for your team to meet your needs. Focus on the things that are most important to you and your partner. Let us set up the perfect team lessons for your group at the time you choose. Call to set up lessons for your Combo Team or you & your partner too!

mens TENNIS

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wild mens workout

One hour of solid action! Come on out and “Rock and Roll” with a good workout and hit lots of balls. Be ready to compete from the first ball to the last. \$15 member (\$25/guest)

Monday 7pm

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\$10 member (\$20/guest)

Monday, Wednesday, Thursday 7am & Tuesday, Friday, Saturday 9am

mens competitive league

Play on our USTA League teams! Mens USTA and Senior USTA. Call the Tennis Desk for more information. 985.792.0260

Wednesday PM, Saturday AM

mens team lessons

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