

Franco's Adult Tennis 2021 Winter/Spring Calendar

monday

7:00am - 8:00am	Cardio Tennis
9:00am - 10:30am	Adult Stroke & Drill
9:00am - 11:00am	USTA 40+ Ladies Adult League
6:00pm - 8:00pm	USTA 40+ Ladies Adult League
7:00pm - 8:30pm	Wild Mens Workout

tuesday

7:00am - 8:00am	Cardio Tennis
9:00am - 12:00pm	USTA Ladies 18+ / 55+ Day League
9:00am - 10:00am	Adult Beginner Clinic
6:00pm - 9:00pm	USTA Ladies 18+ / 55+ Night League
7:00pm - 8:00pm	Advanced Clinic (3.0 & above)

wednesday

7:00am - 8:00am	Cardio Tennis
9:00am - 10:30am	Stroke of the Week Clinic
9:00am - 12:00pm	NWTL "C" League
9:00am - 12:00pm	NWTL Senior League
6:00pm - 10:00pm	USTA Mens USTA League

thursday

7:00am - 8:00am	Cardio Tennis
9:00am - 10:30am	Doubles Strategy Clinic
9:00am - 12:00pm	NWTL "B" League
7:00pm - 8:00pm	Adult Beginner Clinic

friday

7:00am - 8:00am	Cardio Tennis
9:00am - 10:30am	"C" Ladies Clinic
9:00am - 10:30am	Adult Stroke & Drill
9:00am - 12:00pm	NWTL "A" League

saturday

8:00am - 12:00pm	USTA Mens Adult League
8:00am - 12:00pm	USTA Senior Mens Adult League
9:00am - 10:00am	Cardio Tennis
10:00am - 11:00am	Adult Beginner Clinic
10:00am - 11:30am	Adult Intermediate Clinic

Schedule effective through May 2021, subject to change

985.792.0260 tennisdesk@myfrancos.com

Franco's Health Club & Spa 100 Bon Temps Roule, Mandeville, Louisiana





mens TENNIS

franco's
Winter/Spring 2021

adult beginner clinics

Tuesday 9am, Thursday 7pm, Saturday 10am

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)

adult intermediate clinics

Saturday 10am - 11:30am

Emphasis on technique and incorporating strokes, movement, positioning & placement. Tactics and strategy taught in appropriate format. \$22 member (\$32/guest)

adult stroke & drill clinics

Monday & Friday 9am - 10:30am

Work on specific strokes then incorporate these into your game with drills and a structured competitive format. 1.5 hours \$22 member (\$32/guest)

adult stroke & strategy clinics

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

Tuesday 7pm
Wednesday 9am (1.5 hours)
Thursday 9am (1.5 hours)

adult doubles strategy clinic

Specialized work on the fundamentals of modern doubles with a focus on specific elements of your game that relate to doubles strategy, tactics & techniques. 1 hour: \$15 member (\$25/guest), 1.5 hours: \$22 member (\$32 guest)

Tuesday 7pm (1 hour clinic for 3.0 and above)
Thursday 9am (1.5 hour clinic)

wild mens workout

Monday 7 - 8:30pm

Ninety minutes of solid action! Come on out and "Rock and Roll" with a good workout & hit lots of balls. Be ready to compete from the first ball to the last. \$22 member (\$32/guest)

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)

7am Monday through Friday
9am Saturday

mens competitive league

Play on our USTA League teams! Mens USTA, Senior USTA, Mixed Doubles & Combo Doubles. Call the Tennis Desk for more information. 985.792.0260

Wednesday PM, Saturday AM

mens 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!



ladies TENNIS

franco's
Winter/Spring 2021

adult beginner clinics

Tuesday 9am, Thursday 7pm, Saturday 10am

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)

adult intermediate clinics

Saturday 10am - 11:30am

Emphasis on technique and incorporating strokes, movement, positioning and placement. Tactics and strategy taught in appropriate format. \$22 member (\$32/guest)

adult stroke & drill clinics

Monday & Friday 9am - 10:30am

Work on specific strokes then incorporate these into your game with drills and a structured competitive format. 1.5 hours. \$22 member (\$32/guest)

adult stroke & strategy clinics

Tuesday 7pm (1 hour clinic)

Special work on individual strokes.

Wednesday 9am (1.5 hour clinic)

1 hour: \$15 member (\$25/guest), 1.5 hours: \$22 member (\$32 guest)

Thursday 9am (1.5 hour clinic)

adult doubles strategy clinic

Tuesday 7pm (1 hour clinic, 3.0 and above)

Specialized work on the fundamentals of modern doubles with a focus on specific elements of your game that relate to doubles strategy, tactics & techniques.

Thursday 9am (1.5 hour clinic)

1 hour: \$15 member (\$25/guest), 1.5 hours: \$22 member (\$32 guest)

ladies specific level drills

C Ladies: Friday 9am - 10:30am

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

usta cardio tennis

7am Monday through Friday

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.

9am Saturday

\$10 member (\$20/guest)

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!