

## ADULT PROGRAM DESCRIPTIONS

### Open Drill Classes: \$19 – 1 Hour \$27 – 1.5 Hours

Open Drill classes are for 1 Hour or 1.5 Hours as advertised, regardless of participants. Class is designed for 6:1 ratio. Open Drill classes are level specific with a focus on a shot/strategy and involve a combination of drilling and point play centered around the focus. Class will range between fast paced drills/games but at times slow down to incorporate instruction into the class. Regular balls are used for the duration of the class.

### Pickleball Clinics \$19 - 1 Hour

Pickleball clinic is for players new to the game and with some experience. Class focus will range between technical aspects of hitting along with strategic game play situations.

### Serve and Return Clinic \$19 - 1 Hour

Serve and return are arguably the most important 2 shots as they start the point for you. Class will allow you to focus on your own serve technique with tips from pros, along with practicing against a variety of types of serves with fellow classmates.

### Cardio Classes: \$16 – 1 Hour \$23 - 1.5 Hours

Cardio classes are for 1 Hour or 1.5 hours in length and designed to a maximum ratio of 10:1 pro/client. Goal of cardio tennis is to hit a lot of balls and keep your heart rate up for the duration of the hour. The time will consist of fast paced games and point play to keep everyone moving. Low compression balls are used as the class is not specific to any particular level.

*Open Drills are week to week and require no commitment. To sign up for a class email the instructor in charge of the class prior to the class. Sign up is required. Cardio classes are paid for as you go or can be bought in a package of 10 classes. Clients can pay by check or credit card. If paying by credit card please have a card on file.*

***Non Residents pay an additional 10% fee per class.***

*Schedules of these classes can be adjusted from month to month depending upon tennis seasons. For continued notification on classes please join our weekly email list by emailing [sceneytennisbrad@gmail.com](mailto:sceneytennisbrad@gmail.com) to be on the list.*