



# ADULT TENNIS PROGRAMS

## Fall & Winter 2023

### 60 MINUTE

**Member Rate**  
Drop-In: \$17  
8 Punch Card: \$104  
10 Punch Card: \$110

**Non-Member Rate**  
Drop-In: \$25  
8 Punch Card: \$128  
10 Punch Card: \$140

#### Stroke of the Week

Improve your strokes in this weekly class that focuses on technique as well as strategy. Players of all levels are welcome.

**Monday**  
11:30-12:30pm

#### Cardio Tennis

Focus on your heart health and have fun in this high-energy workout that combines the best features of tennis with cardiovascular exercise.

**Monday**  
9:00-10:00am

**Wednesday**  
9:00-10:00am  
6:00-7:00pm

**Thursday**  
9:00-10:00am

**Saturday**  
9:00-10:00am

### SESSION PROGRAMS

Member: \$180 | Non-member: \$240

**NEW!**

#### Adult Beginner Tennis

This class will introduce basic stroke fundamentals, strategies, and point / game play situations to players new to the game.

**Monday**  
10:00-11:30am

### 90 MINUTE

**Member Rate**  
Drop-In: \$30  
8 Punch Card: \$162  
10 Punch Card: \$180

**Non-Member Rate**  
Drop-In: \$40  
8 Punch Card: \$198  
10 Punch Card: \$220

#### Ladies 2.5

Improve your game in this class for players relatively new to tennis. You will work on strokes and gameplay strategies as well as singles and doubles concepts.

**Wednesday**  
10:00-11:30am

#### Adult Intermediate 3.0

You will continue to refine your stroke consistency and enhance your game strategy in this class, working on both singles and doubles gameplay.

**Tuesday**  
7:00-8:30pm

**Thursday**  
10:00-11:30am

#### Adult Advanced 3.5+

Advance your technique and further improve your gameplay in this intensive class for experienced players. Director approval required.

**Tuesday**  
10:30-12:00pm

**Thursday**  
7:00-8:30pm

**Saturday**  
10:00-11:30am

Email [tennis@gtbayymca.org](mailto:tennis@gtbayymca.org) with questions.