

Adult Tennis Drills

BETTER YOUR TENNIS SKILLS WITH DRILLS OFFERED BY COACH JON

CARDIO TENNIS

Mondays | 8:00 - 9:00 am

See how many baskets you can get through before the hour is up! Drill specifically catered to get you tired before the end of the hour... see how long you can last!

Member: \$70 | Non-member: \$110

Drop-in Member: \$24

Drop-in Non-Member: \$34

FAST TRACK TENNIS

Tuesdays | 6:30 - 7:30 pm

This 4 week class is designed for the beginner or player that hasn't played in a while. We will focus on stroke production, technique and scoring. This is a quick start program that will have you hitting balls consistently allowing you the pleasure of playing tennis matches. (4 week session)

Member: \$70 | Non-member: \$110

Drop-in Member: \$24

Drop-in Non-Member: \$34

LADIES NIGHT OUT

Wednesdays | 6:30 - 8:00 pm

"Oh yes, it's Ladies Night and the feeling's right!" Lets do a little drilling, and play a lot of tennis! You'll receive instruction and coaching, so for all the ladies who want to feel special, this is your night! (4 week session)

Member: \$90 | Non-member: \$130

Drop-in Member: \$28

Drop-in Non-Member: \$38

GUYS NIGHT OUT

Thursdays | 6:30 - 8:00 pm

Time for some male bonding! Men, this one's just for you. You'll receive instruction and coaching. Where guys can be guys! (4 week session)

Member: \$90 | Non-member: \$130

Drop-in Member: \$28

Drop-in Non-Member: \$38

STROKE OF THE WEEK

Fridays | 9:00 - 10:00 am

Focus on a particular stroke every week! Drills designed to work on specific strokes so you can have the consistency you've always wanted. (4 week session)

WEEK 1 - Groundstrokes

WEEK 2 - Volleys & Overheads

WEEK 3 - Serve & Return

WEEK 4 - Specialty Shots

Member: \$70 | Non-member: \$110

Drop-in Member: \$24

Drop-in Non-Member: \$34

TGIF!

Fridays | 10:30 am - 12:00 pm

Release your stress out on the balls. Come work out in a drill that will have you relieved of your stress by the end! 90 minutes worth of points, high energy, strategy and FUN! (4 week session)

Member: \$90 | Non-member: \$130

Drop-in Member: \$28

Drop-in Non-Member: \$38

SATURDAY MORNING DRILL

Saturdays | 10:00 - 11:30 am

One of our more popular drills! A comprehensive drill that gets you movin' and playin' with all levels.

Drop-in Only:

3-4 players - \$30 | 5+ Players - \$25

Drop-in Non-Member: \$35

CONTACT OUR TEAM TO REGISTER!

Jon Lansing, Tennis Teaching Professional

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— UPCOMING — ADULT EVENTS



TOURNAMENT SCHEDULE

FALL/WINTER TOURNAMENTS:

ADULTS:

November 4-6 FH Winter Championship

Sign up at www.tennislink.com

You must be a USTA Member in order to participate in these tournaments.

*All tournaments or divisions are subject to cancellation determined by the Club or USTA**

ADULT FALL/WINTER SEASONAL EVENTS

Labor Day Drill & Play September 5th

Annual Club Championship October 6th – 9th (Members Only)

Family Tennis Extravaganza December 10th

Monthly Mixers 3rd Friday of every Month

QUESTIONS? CONTACT:



JON LANSING

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719-487-2626



THE CLUB
AT FLYING HORSE®