

ADULT TENNIS PROGRAMS The Club at Castlewood



Fast Feed Mondays 9:00-10:00am & Saturdays 8:30-9:30am

This class is great for players who want to drill and hit a LOT of balls! The focus in this high-energy clinic is not centered on fine-tuning technique, but instead players can expect an emphasis on moving, hitting and having plenty of fun!

Member: \$23 / Member Guest: \$33

Live Ball Clinic 3.5+ Mondays 10:00-11:30am

Live ball is situational point play, typically without the serve. Participants will play lots of points against different people on the courts, reacting to different types of balls and styles of play. Class will include a variety of rotations, stipulations and court formations.

Member: \$35 / Member Guest: \$45

Live Ball Clinic (All Levels) Thursdays 9:30-11:00am

In this fast-paced clinic, servers and returners are replaced by champions and challengers. This 90-minute workout is full of fun, competition and camaraderie.

Member: \$35 / Member Guest: \$45

Ladies 2.5-3.5 Doubles Clinic Fridays 9:30-11:00am

Get that competitive energy back! This energetic 90 minute session consisting of live ball drills, strategy gameplay, instruction and lots of fun will help prepare you for social/competitive league play.

Member: \$35 / Member Guest: \$45

Open Clinic (Co-Ed) Tuesdays 9:30-11:00am

An energetic 90 minute session of drilling, strategy, and point play.

Member: \$35 / Member Guest: \$45

Shot of the Week Saturdays 9:30-11:00am

Each week we will be breaking down the fundamentals of a tennis stroke in class. Classes will be geared towards improving volleys, groundstrokes, serves, returns, and new shot selections!

Member: \$35 / Member Guest: \$45

Register On: