

# TENNIS CLASSES, 2018

*Ashland Tennis & Fitness Club*

## Adult Classes

### Mondays:

9:30 am – Open Drill (1.5 hr)

5:30 pm—Singles open Drill (1 hr)

6:30 pm—Cardio Tennis (1 hr)

### Tuesdays:

11:00 am – Gail’s Doubles Drop in (1 hr)

### Wednesdays:

9:30 am—3.0/3.5 open Drill (1.5 hrs)

### Thursdays:

12 noon—4.0+ open Drill (1 hr)

### Fridays:

10:45 am – Gail’s Doubles Drop in (1 hr)

12:00 pm – Gail’s Skills Class (1 hr)

### Saturdays:

9:00 am—4.0+ open Drill (1.5 hr)

10:30 am—3.0/3.5 open Drill (1.5 hr)

## Junior Classes

### Hummingbirds (ages 4 – 6 yrs old) (Red Ball)

Mondays and Wednesdays; 4:00pm – 4:30 pm

### Sparrows (ages 7 – 10 yrs old) Beginner (Orange Ball)

Mondays and Wednesdays; 4:30 pm – 5:30 pm

### U18 Beginner (ages 11- 18 yrs old)

Wednesdays 5:30 – 6:30 pm

### U18 Intermediate (ages 11- 18 yrs old)

Wednesdays 6:30 – 7:30 pm

### U18 High School and Tournament Players (Pro approval required)

Tuesdays and Thursdays; 4:15 pm – 6:15 pm