



# ADULT TENNIS

## *Programs*



JANUARY 4<sup>TH</sup> – FEBRUARY 26<sup>TH</sup>

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Information & registration please visit [www.playclub45.com](http://www.playclub45.com)



# SCHEDULES & PRICING

(CO-ED PROGRAMS)

## LEVEL ONE - BEGINNER

Schedule:  
Mon & Wed | 11:30 AM - 12:30 PM  
Sat | 12 PM - 1 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## LEVEL FOUR - LIVE BALL

Schedule:  
Tues & Thurs | 7 PM - 8:30 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## LEVEL 2 - ADVANCED BEGINNER

Schedule:  
Tues & Thurs | 11:30 AM - 12:30 PM  
Sat | 1 PM - 2 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## LEVEL FIVE - ELITE MATCH PLAY

Schedule:  
Thursday | 8:30 AM - 10 AM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## LEVEL THREE - INTERMEDIATE

Schedule:  
Mon & Wed | 10 AM - 11:30 AM  
Sat | 10:30 AM - 12 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## CARDIO TENNIS (LEVELS 2 - 5)

Schedule: Friday | 11:30 AM - 12:30PM

Pricing:  
Peak Member: \$140  
Base Camp Member: \$175  
Non-Member: \$245

## LEVEL THREE - LIVE BALL

Schedule:  
Tues & Thurs | 10 AM - 11:30 PM

Pricing: Peak Member: \$140  
Base Camp Member: \$175  
Non-Member: \$245

## LEVEL FOUR - COMPETITIVE

Schedule:  
Mon & Wed | 7 PM - 8:30 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## Membership Information

Base Camp Membership:  
(bi-weekly)  
Individual - \$32.50  
Family - \$55.00  
Paid in full-  
(8 weeks free)

Peak Membership:  
(bi-weekly)  
Individual- \$100  
Family - \$140  
Paid in full-  
(8 weeks free)



# SCHEDULES & PRICING

(MEN'S + WOMEN'S PROGRAMS)

## WOMEN'S BEGINNER PATHWAY (LEVELS 1-2)

Schedule:  
Tues & Sat | 9:00 AM - 10:00 AM

Pricing:  
Peak Member: \$140  
Base Camp Member: \$175  
Non-Member: \$245

## MEN'S INTERMEDIATE LIVE BALL (LEVELS 3-4)

Schedule:  
Tues | 12:30 PM - 2 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## WOMEN'S INTERMEDIATE LIVE BALL (LEVELS 3-4)

Schedule:  
Mon | 12:30 PM - 2:00 PM  
Fri | 10:00 PM - 11:30 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## MEN'S ADVANCED COMPETITIVE (LEVELS 4.5 - 5)

Schedule:  
Thurs | 8:30 PM - 10 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## WOMEN'S COMPETITIVE DOUBLES (LEVELS 4-4.45)

Schedule:  
Wed | 8:30 PM - 10:30 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## MEN'S NIGHT LIVE BALL (LEVELS 3.5 - 4.5)

Schedule:  
Mon | 8:30 PM - 10 PM

Pricing:  
Peak Member: \$210  
Base Camp Member: \$262.50  
Non-Member: \$420

## WOMEN'S CARDIO TENNIS (LEVELS 2-4)

Schedule:  
Fri | 9 AM - 10 AM

Pricing: Peak Member: \$140  
Base Camp Member: \$175  
Non-Member: \$245

## Membership Information

Base Camp Membership:  
(bi-weekly)  
Individual - \$32.50  
Family - \$55.00  
Paid in full-  
(8 weeks free)

Peak Membership:  
(bi-weekly)  
Individual- \$100  
Family - \$140  
Paid in full-  
(8 weeks free)



# CO-ED PROGRAM DESCRIPTIONS

## LEVEL ONE - BEGINNER

Designed for players new to tennis or returning after time away. Focus on basic stroke mechanics, grips, rally fundamentals, court positioning, and learning how to keep the ball in play. Emphasis is on confidence, repetition, and enjoyment of the game.

## LEVEL FOUR - COMPETITIVE

High-intensity clinic focused on advanced patterns, aggressive net play, serve and return strategy, and match tactics. Ideal for league and tournament players looking to sharpen competitive skills.

## LEVEL 2 - ADVANCED BEGINNER

For players who can rally consistently and understand basic scoring and rules. Clinics focus on improved consistency, directional control, serve development, and an introduction to structured point play.

## LEVEL FOUR - LIVE BALL

Advanced live-ball format with faster feeds and higher intensity. Focuses on decision-making, handling pace, finishing points, and competing in pressure-based situations.

## LEVEL THREE - INTERMEDIATE

For established players working on shot selection, court movement, and tactical awareness. Emphasis on rally tolerance, doubles positioning, transition to the net, and smart decision-making during points.

## LEVEL FIVE - ELITE MATCH PLAY

Designed for advanced players (4.5–5.0+). Emphasis on high-level shot patterns, serve and return dominance, aggressive transitions, and match-specific strategies. Expect a demanding pace and competitive environment.

## LEVEL THREE - LIVE BALL

Fast-paced, point-based training with continuous feeds and competitive scenarios. Minimal instruction and maximum reps. Designed to improve reaction time, consistency under pressure, and match execution.

## CARDIO TENNIS (LEVELS 2 - 5)

High-energy, fitness-based tennis workout combining drills, movement, and live-ball play. Great for improving endurance, footwork, and overall conditioning while hitting a high volume of balls.

## NOT SURE YOUR LEVEL?

ASK A PRO!

EMAIL:  
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## MEN'S + WOMEN'S PROGRAM DESCRIPTIONS

### **WOMEN'S BEGINNER PATHWAY (LEVELS 1-2)**

A supportive learning environment focused on fundamentals, rally development, and confidence building. Ideal for women new to the sport or returning after time away.

### **MEN'S INTERMEDIATE LIVE BALL (LEVELS 3-4)**

High-tempo live-ball format combining singles and doubles scenarios. Focus on aggressive baseline play, transition skills, and competitive intensity.

### **WOMEN'S INTERMEDIATE LIVE BALL (LEVELS 3-4)**

Fast-paced, doubles-focused live-ball clinic emphasizing consistency, net play, and competitive point construction. A strong bridge between mixed clinics and competitive play.

### **MEN'S ADVANCED COMPETITIVE (LEVELS 4.5 - 5)**

Advanced training for experienced players emphasizing serve + first ball patterns, attacking tennis, and match-play execution at a high pace.

### **WOMEN'S COMPETITIVE DOUBLES (LEVELS 4-4.45)**

Tactical doubles-focused clinic emphasizing patterns, poaching, communication, and match strategy. Designed for league and tournament-level women.

### **MEN'S NIGHT LIVE BALL (LEVELS 3.5 - 4.5)**

Evening, high-intensity live-ball clinic designed for competitive players seeking fast reps and match-pressure situations after work hours.

### **WOMEN'S CARDIO TENNIS (LEVELS 2-4)**

Fitness-driven tennis session emphasizing movement, consistency, and point play in a fun, energetic environment.

### **NOT SURE YOUR LEVEL?**

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