



2022 ADULT TENNIS INSTRUCTION

CARDIO TENNIS (CO-ED) STARTING MAY 31ST

Days/Times Offered:

- Tuesday's 6:30 pm - 7:30 pm
- Thursday's 6:30 pm - 7:30 pm
- Saturdays 8:30 am - 9:30 am

Cost: \$20 per class / minimum of 4 players

Skill Levels: All levels welcome

Details: Engage in group fitness, featuring the heart pumping effects of tennis drills, games and skills. Cardio tennis delivers the ultimate full body and calorie burning aerobic and anaerobic work out. A wonderful social activity for all ages and abilities and fitness levels with low pressure balls and music.

Registration: Please contact Pam Lippy at pamlippy@gmail.com / 216-701-6001 to register.

Cancellation Policy: We value your time and our Pros' time. Please cancel clinics 24 hours in advance to avoid being charged. If you place a reservation within 24 hours and need to cancel, you will be charged.

Breakdown for all Programming:

- 1-2 player- Clinic will be canceled
- 3 players- additional charge
- 4 or more players- Clinic runs as scheduled

TENNIS FOR LIFE

Dates: Saturdays Starting June 4th

Time: 9:30 am -10:30 am

Cost: \$20 per class

Skill Level: Beginners & rusty adults Level 2.0 - 2.5

Details: Learn the strokes and movement needed to start rallying with your friends! Emphasis is having fun while learning proper technique, scoring, positioning and tennis etiquette.

Registration: Please contact Pam Lippy at pamlippy@gmail.com / 216-701-6001 to register.



2022 ADULT TENNIS INSTRUCTION

LINKS LADIES

Dates: Mondays, Wednesdays, & Fridays Starting June 1st

Time: 10:30 am - 12:00 pm

Cost: \$1 Hour \$20/1.5 Hours \$30

Skill Level: Intermediate 3.0 & Above

Details: Players will enjoy this combination of instruction and conditioning! A faster paced workout!

Registration: Please contact Pam Lippy at pamlippy@gmail.com / 216-701-6001 to register.

THURSDAY MEN'S NIGHT

Dates: Thursdays, Starting June 2nd

Time: 5:30 pm - 6:30 pm

Cost: \$25 per week

Details: Enjoy a "guy's night out!" High energy, 1 hour workout with drills and games on the newly resurfaced tennis courts with NAL Beverage Cart visits too!

Registration: Please contact Pam Lippy at pamlippy@gmail.com / 216-701-6001 to register.

ADULT PICKLE BALL LEAGUE

Date: Saturdays, June 11th - July 22nd

Match Start Time: 2 pm

Cost: \$25 per player

Skill Level Division: Gender Blind, 3.0 & below

Details: 6 players (3 pairs of doubles) will compete each week. Each pair plays all 3 opposing doubles teams. Pairings play one game to 15 to win by 2 points. Each pairing will play a total of 9 games (3 each pair). The team that wins 5 or more of the 9 matches wins the team match.

Registration: Please contact Pam Lippy at pamlippy@gmail.com / 216-701-6001 to register.

Registration Deadline: June 6th