



# TENNIS & PICKLEBALL

## Classes & Clinics for Adults\*

### MONDAY

**Cardio Tennis**  
6am-7am | \$18

**Drill & Play**  
9am-10:30am | \$27

**Beginner Pickleball**  
11am-12pm | \$10

**Advanced Beginner Pickleball**  
12pm-1pm | \$10

**Sweat It Off**  
12pm-1pm | \$18

**Technique Time**  
6pm-7pm | \$18

**Advanced 3.5+ Drills**  
7pm-8:30pm | \$27

### TUESDAY

**Drills**  
9am-10:30am | \$27

**Beginner Clinic**  
10am-11:30am | \$27

**Cardio Tennis**  
12pm-1pm | \$18

**Beginner to Intermediate Clinic (BIC)**  
6pm-7:30pm | \$27

**\*Pricing shown reflects the member discount. Guests pricing for Classes & Clinics are an additional \$12.**

### WEDNESDAY

**Cardio Tennis**  
6am-7am | \$18

**Team Tennis**  
9am-10:30am | \$27

**Sweat It Off**  
12pm-1pm | \$18

**Singles Clinic 2.5-3.0**  
(Invite Only)  
5:30pm-7pm | \$30

**Intermediate/Advanced Pickleball**  
6pm-7pm | \$10

**Advanced 3.5+ Drills**  
7pm-8:30pm | \$27



### THURSDAY

**Drills**  
9am-10:30am | \$27

**Cardio Tennis**  
12pm-1pm | \$18

**Beginner Pickleball**  
11am-12pm | \$10

**Advanced Beginner Pickleball**  
12pm-1pm | \$10

**Beginner Clinic**  
6pm-7:30pm | \$27

**Drill & Play**  
6pm-7:30pm | \$27

### FRIDAY

**Cardio Tennis**  
6am-7am | \$18

**Drills**  
9am-10:30am | \$27

**Sweat It Off**  
12pm-1pm | \$18

**All Classes & Clinics need to be paid before you play.**

**If class participation threshold is not met, classes could be canceled. PLAY IT SAFE and sign up 24 hours or more in advance.**

### SATURDAY

**3.0+ Drills**  
9am-10:30am | \$27

**Advanced 3.5+ Drills**  
9am-10:30am | \$27

**Beginner to Intermediate Clinic (BIC)**  
10:30am-12pm | \$27

**Mens 4.0+ Singles Drills**  
12pm-1:30pm | \$27

**Advanced Pickleball Drills**  
12pm-1:30pm | \$15



**Call 989.631.6151 or scan to use your Member Portal**

Last Updated: 8/2/23

# ADULT CLASSES & CLINICS

## 60-MINUTE CLASSES

### CARDIO TENNIS

Emphasis: Workout | Rating: 2.0 & up

60 minute class with use of fitness equipment built in. Little tennis experience needed, just the desire to move all out, play a lot of points, and hit a ton of balls.

### SWEAT IT OFF

Emphasis: Workout & Play | Rating: 2.0 & up

60 minute class offered during lunchtime. Similar to Cardio Tennis but without the use of fitness equipment.

### TECHNIQUE TIME

Emphasis: Stroke Technique | Rating: 2.0 & up | Ages 13 & up

Classes offer a chance to slow things down and focus 60 minutes on repetition of proper technique for all strokes. Lots of feeding and the occasional use of the ball machine gives players the repetition needed for consistency. Children aged 13+ are welcome to attend with a parent.

## 90-MINUTE CLASSES

### DRILL & PLAY

Emphasis: Strategy/Tactics/Match Play | Rating: 2.5+

This 90 minute drill is a great launching point to enter our world of drop ins. Lots of feeding, repetition, and tons of point play for mostly doubles with some singles. Good place for Learn to Play players to go to next.

### DRILLS & 3.0+ DRILLS

Emphasis: Games & Repetition | Rating: 3.0 & up

Open to all players 3.0 and up, wanting a good amount of feeding for repetitions with plenty of doubles situational point play. Lots and lots of balls hit in this 90 minute drill.

## 90-MINUTE ADVANCED CLASS

### ADVANCED 3.5+ DRILLS

Emphasis: Repetition & Games | Rating: 3.5 & up

Similar format to the Drills class, just at a higher level. Must have a 3.5 or higher rating to participate.

## 60 & 90-MINUTE CLINICS

### BEGINNER PICKLEBALL CLINIC

Emphasis: Introduction & Education | Rating: N/A

You must have heard about this crazy new sport that is the fastest growing sport in the USA! Sign up for this class to get introduced to the rules, scoring and even some strategies and tactics.

### INTERMEDIATE PICKLEBALL CLINIC

Emphasis: Technique & Strategy | Rating: 3.0-3.5

Take your game from rec player to local tournament hero in this intermediate to advanced pickleball clinic. Most players need to harness their power and patience. We will work to master those in this class to be tournament ready!

### ADVANCED PICKLEBALL CLINIC

Emphasis: Repetition & Tactics | Rating: 4.0+

This group is going to meet to help raise the level of each others game. Pickleball players need to practice more. We will be working dinking consistency and strategies, Speed ups, and more in this drill group.

### BEGINNER CLINIC

Emphasis: Strategy/Tactics/Match Play | Rating: 2.0-3.0

This class is the next step in your tennis journey after you have completed Tennis 101 and 102. The goal of the class is to get you ready for tournament and league play. You will know all of the scoring, positioning, and logistics to playing. We will also cover technique, tactics and strategies to put you on the winners podium.

### BEGINNER TO INTERMEDIATE CLINIC

Emphasis: Strategy/Tactics/Match Play | Rating: 2.0-3.5

This Clinic will be going over court positioning, tactics, techniques and strategies. The focus will be doubles skills but will also be great for singles players. Sign up for this class if you are moving up from Tennis 102 or want a slower paced more instructional drills class or want a slower paced more instructional drills class.

### TEAM TENNIS

Emphasis: Strategy/Tactics/Match Play | Rating: 2.0-4.0+

Each week a coached match will take place with a drill before. Coach Leuan and Mike will be there with you on the court to help you navigate different situations of play. There will be a 30 minute drill to get you ready, then a 8 game pro-set to follow.



## PRIVATE GROUPS & LESSONS

\*Contact Adult Director, Mike Rose for information/requests at [MRose@greatermidland.org](mailto:MRose@greatermidland.org). Any player needing a rating for participation in any Drill/Event/League, contact Mike for a FREE evaluation.

