



TENNIS

Classes & Clinics for Adults*

MONDAY

Cardio Tennis
6am-7am | \$18

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

Sweat It Off
12pm-1pm | \$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

WEDNESDAY

Cardio Tennis
6am-7am | \$18

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

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

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



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.

Last Updated: 12/5/23

THURSDAY

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

Cardio Tennis
12pm-1pm | \$18

Technique Time
6pm-7pm | \$18

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

Drills
6pm-7:30pm | \$27

Team Tennis
7:30pm-9am | \$27

FRIDAY

Cardio Tennis
6am-7am | \$18

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

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

****Advanced 3.5+ Drills are only open to players that have been approved to play at that level by a GMTC Pro.**

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



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

Call 989.631.6151 or scan to use your Member Portal

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

DRILLS

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 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.

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 Ieuan 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. Any player needing a rating for participation in any Drill/Event/League, contact Mike for a FREE evaluation.

