

ZENERGY ADULT TENNIS SCHEDULE

MONDAY

9:00AM - 11:00AM

LADIES DAY [3.5+] WITH KATHRYN RYAN

ORGANIZED SINGLES AND DOUBLES PLAY FOR TENNIS AND HEALTH MEMBERS. INCLUDES DRILLS TO ENHANCE STRATEGY, AGILITY, AND STROKE DEVELOPMENT.

2:00PM - 3:30PM

ADULT CLINIC WITH ROB KOLB

FOR ALL LEVELS. PLAYERS WORK THROUGH TARGETED DRILLS AND PRACTICE GAMES TO IMPROVE STRATEGY AND STROKE DEVELOPMENT.

6:00PM - 7:30PM

MIXED DOUBLES WITH JAMIE HJORT

ORGANIZED SINGLES AND DOUBLES PLAY FOR TENNIS AND HEALTH MEMBERS. INCLUDES DRILLS TO IMPROVE STRATEGY, AGILITY, AND STROKE DEVELOPMENT.

TUESDAY

11:00AM - 12:00PM

ADULT BEGINNER/INTERMEDIATE WITH ROB KOLB

A CLINIC FOCUSING ON THE FUNDAMENTALS OF STROKE DEVELOPMENT.

12:00PM - 1:00PM

CARDIO TENNIS WITH ROB KOLB

A FUN GROUP WORKOUT FEATURING DRILLS THAT GIVE PLAYERS OF ALL LEVELS A HIGH-ENERGY CARDIO SESSION WHILE IMPROVING SKILLS.

WEDNESDAY

1:00PM - 2:00PM

SHOT OF THE DAY WITH KATHRYN RYAN

FOR ADULTS AND COMPETITIVE JUNIORS 14+. DRILLS FOCUS ON FUNDAMENTALS FOR SPECIFIC SHOTS.

2:00PM - 3:30PM

LADIES DAY [4.0+] WITH KATHRYN RYAN

THIS CLINIC INCLUDES 45 MINUTES OF COMPETITIVE DRILLS FOLLOWED BY MATCH PLAY.

ZENERGY ADULT TENNIS SCHEDULE

6:00PM - 7:30PM

MEN'S DOUBLES/DRILLS WITH JAMIE HJORT

ORGANIZED SINGLES AND DOUBLES PLAY FOR TENNIS AND HEALTH MEMBERS. INCLUDES DRILLS TO IMPROVE STRATEGY, AGILITY, AND STROKE DEVELOPMENT.

THURSDAY

2:00PM - 3:30PM

ADULT CLINIC WITH TIM NEGREY

FOR ALL LEVELS. PLAYERS WORK THROUGH TARGETED DRILLS AND PRACTICE GAMES TO IMPROVE STRATEGY AND STROKE DEVELOPMENT.

FRIDAY

11:00AM - 12:30PM

MEN'S DAY [4.0+] WITH TIM NEGREY OR PETER SAMWAY

ORGANIZED SINGLES AND DOUBLES PLAY FOR TENNIS AND HEALTH MEMBERS [4.0+]. INCLUDES DRILLS TO IMPROVE STRATEGY, AGILITY, AND STROKE DEVELOPMENT.

1:00PM - 2:00PM

SHOT OF THE DAY WITH ROB KOLB

FOR ADULTS AND COMPETITIVE JUNIORS 14+. DRILLS FOCUS ON FUNDAMENTALS FOR SPECIFIC SHOTS.

SATURDAY

2:00PM - 3:30PM

ADULT CLINIC WITH JAMIE HJORT

FOR ALL LEVELS. PLAYERS WORK THROUGH TARGETED DRILLS AND PRACTICE GAMES TO IMPROVE STRATEGY AND STROKE DEVELOPMENT.

3:30PM - 4:30PM

SHOT OF THE DAY WITH JAMIE HJORT

FOR ADULTS AND COMPETITIVE JUNIORS 14+. DRILLS FOCUS ON FUNDAMENTALS FOR SPECIFIC SHOTS.

FOR ADULTS AND COMPETITIVE JUNIORS 14+. DRILLS FOCUS ON FUNDAMENTALS FOR SPECIFIC SHOTS.