



ADULT GROUP LESSONS

Carlisle Tennis Club

Spring & Summer Sessions 2024

Session 1 [5 weeks] Week of April 22nd – Week of May 20th **No classes Monday May 20 - Victoria Day**

Session 2 [5 weeks] Week of May 27th – Week of June 24th

1.0-1.5 (Beginner Step 1)

Quickly grasp the game by learning basic tennis footwork, technical fundamentals, and ball control for effective rallying, volleying, and serving.

- **Monday 6pm-7pm / Saturday 10am-11am**
- Session 1 & 2 [5 weeks] \$147

3.0 – 3.5 (Intermediate)

Enhance groundstroke consistency on the move, improve attacking and net-winning abilities, and refine the quality of both first and second serves.

- **Saturday 11am-12pm**
- Session 1 & 2 [5 weeks] \$147

SPECIALIZED LESSONS:

Fitness/Cardio Tennis

Experience action-packed, aerobic, and non-stop doubles point play.

- **Wednesday 12pm-1pm**
- Session 1 & 2 [5 weeks] \$147

Shot of the Week 2.5 - 4.0 (SOTW)

Enhance your form and consistency with an intensive drill session concentrating on a specific stroke. Topics may include serves & returns, approach/drop shots, cross-court rally balls, attacking forehands, lobs & overheads.

- **Wednesday 11am-12pm**
- Session 1 & 2 [5 weeks] \$147

Doubles Tactics

Emphasizing doubles match tactics, this program enhances court movement and coverage for optimal performance in the doubles game.

- **Wednesday 10am-11am**
- Session 1 & 2 [5 weeks] \$147

**All fees subject to HST*