

Weekly Adult Outdoor Tennis Drills 7/22/24



To Register:
Log onto the Impact Activities mobile app
or log onto impact.clubautomation.com with your
username and password



M

Mondays:

7:30 pm - 9 pm Advanced 4.5+ Clinic - Alessio
7:00 pm - 8:30 pm Adult Beginners - Candy
7:00 pm - 8:30 pm USTA 2.5 - 3.0 Clinic - Ubale
8:00 pm - 9:30 pm Doubles Drill & Match Play - Patrick

T

Tuesdays:

7:00 pm - 8:30 pm 41 Doubles Game - Candy
7:30 pm - 9 pm Intermediate Clinic - Alessio

W

Wednesdays:

7:00 pm - 8:30 pm Adv Beginner Clinic - Candy
7:30 pm - 9 pm Adv/Intermediate Clinic - Alessio
7:30 pm - 9 pm USTA 3.5 Clinic - Ubale

Th

Thursdays:

6:30 pm - 7:30 pm Adv Beginner Clinic - Alessio
7:00 pm - 8:30 pm 41 Doubles Game - Candy
7:30 pm - 9 pm Intermediate Clinic - Alessio
8:00 pm - 9:00 pm Intense Cardio Tennis Workout

F

Fridays:

7:30 am - 9 am Ladies Clinic - Nurudeen
6:30 pm - 8:00 pm Adult Beginners - Candy

S/S

Saturdays:

7:30 am - 9 am Cardio Tennis - Nurudeen
7:30 am - 9:00 am Doubles Drill & Match Play - Patrick

Sundays:

7:30 am - 9 am Cardio Tennis - Candy

Pros: Nurudeen 316-518-7993 Candy 316-226-1453
Alessio 469-596-8955 Ubale 469-307-1897

**Classes are back to 10
players on a court!**

Pricing for 90 mins is
\$30 per person Non Members
\$25 per person Members
Pricing for 60 mins is
\$25 per person Non Members
\$23 per person Members

Payment must be made
at time of sign up.

**24 hr notice of
cancellation for refund
or credit.**

Please register in
advance as these drills
do fill up.

Length of drill will
change if less than 3
sign up. 4 players or
more drills are 1.5 hrs
unless stated otherwise.

USTA Drills - Must be a USTA
rated player equal to the level of
the class.

41 Doubles Game - A fun doubles
game played with 4 or 6 players
per court all about earning and
losing points by hitting certain
shots or strokes.

Beginner - New player with no
experience.

Adv. Beginner - New player who
can hold a rally.

Cardio - A high energy fitness drill
which combines heart pumping
tennis drills/games/skills
delivering a full body calorie
burning aerobic workout.