

# Culpeper Sport & Fitness Tennis Programs August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00–10:30am <b>Academy Program</b>
	1:00pm–2:30pm <b>Drill &amp; Play</b>			10:30am–12:00pm <b>Drill &amp; Play</b>	
4:00 - 5:30pm <b>Academy Program</b>		4:00–4:30pm <b>Quick Start Mighty Mights</b>	4:00 - 5:30pm <b>Academy Program</b>	4:00–4:30pm <b>Quick Start Mighty Mights</b>	
		4:30–5:15pm <b>Quick Start Red Ball</b>		4:30–5:15pm <b>Quick Start Red Ball</b>	
		5:15–6:00pm <b>Quick Start Orange Ball</b>		5:15–6:00pm <b>Quick Start Orange Ball</b>	
5:30–6:00pm <b>Stroke of the Day</b>			5:30–6:00pm <b>Stroke of the Day</b>	5:30–7:00pm <b>Pro Drill Tennis Clinic</b>	
6:00–7:00pm <b>Cardio Tennis™</b>			6:00–7:00pm <b>Cardio Tennis™</b>		
7:00–8:30pm <b>Ladies Clinic Advanced</b>		6:00–7:00pm <b>Quick Start Green Dot</b>	7:00 - 8:30pm <b>Ladies Clinic 3.5 and below</b>	6:00–7:00pm <b>Quick Start Green Dot</b>	

**KEY**  Adult Racquet Class  Youth Class

## Pickleball

It's a fun sport for everyone that combines tennis, ping-pong, and badminton. Pickleball is one of the fastest growing sports in America. We have racquets and balls available, so there's no reason not to give it a try! Court time is available every day except Mondays. Please call ahead to reserve a court.



CULPEPER SPORT & FITNESS  
Culpeper Wellness Foundation

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## Adult Programs

**Cardio Tennis™:** Cardio Tennis is a fun group activity for anyone, at any playing level, looking to burn calories and interact with others outside of the gym. It's high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering a full-body, calorie-burning aerobic workout.

*6-week session: \$90 members/\$120 non-members*

*Drop-in: \$20 members/\$25 non-members*

*12-week session: \$180*

**Drill & Play:** Drill & Play is designed for the player who has been competing in USTA or tournaments. This class will focus on doubles strategy and point production. Drills will include live ball and basket feed. Emphasis will be on court awareness and stroke production.

*6-week session: \$120 members/\$150 non-members*

*Drop-in: \$25 members/\$30 non-members*

*12-week session: \$240*

**Pro Training:** Enjoy a high intensity class where you will hit hundreds of tennis balls and focus on conditioning and strategy. This program also includes match play.

*6-week session: \$120 members/\$150 non-members*

*Drop-in: \$25 members/\$30 non-members*

*12-week session: \$240*

**Stroke of the Day:** Each class we will pick one stroke to work on. Focus will be on improving each stroke with basket feed drills. Class is open to players of all skill levels.

**USTA Training:** USTA Training is dedicated for USTA players, both men and women. This class will focus on situations that players will face playing in USTA competitions. Players must be able to keep a rally going and have a basic knowledge of tennis. Fitness and tennis will be part of this class.

*6-week session: \$120 members/\$150 non-members*

*Drop-in: \$25 members/\$30 non-members*

*12-week session: \$240*

## Youth Programs

**Academy Program:** The academy program is designed to train players who are playing competitive (USTA or high school) tennis. These players will excel at tennis through hard work and dedication to the program. The academy will work on all aspects of tennis through hand feeding, basket feeding, and live ball play. The focus will be on a variety of match play situations.

*6-week session: \$150 members/\$180 non-members*

*Drop-in: \$30 members/\$35 non-members*

*12-week session: \$275*

**High School Development:** This class is for high school players who are on a varsity tennis team. We will focus on singles and doubles strategies, tennis fitness, as well as the different situations that players may face in matches.

*6-week session: \$150 members/\$180 non-members*

*Drop-in: \$30 members/\$35 non-members*

*12-week session: \$275*

**Kids Cardio Tennis:**

*6-week session: \$45 members/\$75 non-members*

*Drop-in: \$10 members/\$15 non-members*

**Quick Start Mighty Mightys (ages 2–5):** This is a 30-minute class that provides kids with fun activities that increase their movement, balance, and coordination. Foam balls are used with a 19 or 21-inch racquet.

*6-week session: \$30 members/\$60 non-members*

*Drop-in: \$7.50 members/\$10 non-members*

*12-week session: \$60*

**Quick Start Orange Ball (ages 8–12):** This is a 45-minute class that provides kids with an increased focus on developing shot techniques, reception skills in singles and doubles, and serving. Orange balls will be used with 21, 23, or 25-inch racquets.

*6-week session: \$45 members/\$75 non-members*

*Drop-in: \$10 members/\$15 non-members*

*12-week session: \$90*

**Quick Start Red Ball (ages 5–8):** This is a 45-minute class, that allows kids to increase their movement, balance, and coordination. Kids will work on all aspects of tennis to get the child ready to play on a 36-foot court. Red balls are used with a 21 or 23-inch racquet.

*6-week session: \$45 members/\$75 non-members*

*Drop-in: \$10 members/\$15 non-members*

*12-week session: \$90*

**Quick Start Green Dot (ages 9–14):** This 1-hour class will emphasize all aspects of tennis. Kids will be instructed in proper tennis technique, with a focus on rally and live ball play. Kids will learn how to keep score and play matches. Green Dot ball will be used.

*6-week session: \$75 members/\$105 non-members*

*Drop-in: \$17.50 members/\$22 non-members*

*12-week session: \$150*