

# Culpeper Sport & Fitness Tennis Programs March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30–10:00am <b>Drill &amp; Play 3.0</b>			8:30–10:00am <b>Drill &amp; Play 3.0</b>	9:00–10:00am <b>Cardio Tennis™</b>
	10:00–11:30am <b>Drill &amp; Play 3.5</b>		10:00–11:30am <b>Home School Gym Class<sup>NEW</sup></b>	10:00–11:30am <b>Drill &amp; Play 3.5</b>	10:00–11:30am <b>High School Development</b>
	4:00–4:30pm <b>Quick Start Mighty Mights</b>			11:30am–1:00pm <b>Drill &amp; Play 3.5</b>	
	4:30–5:15pm <b>Quick Start Red Ball</b>			4:00–4:30pm <b>Quick Start Mighty Mights</b>	
	5:15– 6:00pm <b>Quick Start Orange Ball</b>			4:30–5:15pm <b>Quick Start Red Ball</b>	
				5:15–6:00pm <b>Quick Start Orange Ball</b>	
6:00–7:00pm <b>Double the Fun Tennis™</b>	6:00–7:00pm <b>Quick Start Green Dot</b>		6:00–7:00pm <b>Double the Fun Tennis™</b>	5:30–7:00pm <b>Pro Training (Ernie)</b>	
				6:00–7:00pm <b>Quick Start Green Dot</b>	

## 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.



### KEY

- Adult Racquet Class
- Youth Class
- Pre-Registration Youth Class

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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 is 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 sessions: \$90 members/\$120 non-members

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

12 sessions: \$180

**Double the Fun Tennis™:** A fun group activity that will deliver a calorie-burning workout while doing doubles drills and live ball play that focus on movement and doubles drills.

6 sessions: \$90 members/\$120 non-members

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

12 sessions: \$180

**Home School Gym Class<sup>NEW</sup>:** 45 minutes of tennis mixed with 45 minutes of fitness designed around the skill level of each participant. This class is for home school children only and requires a pre-registration.

**Drill & Play 3.0, 3.5:** 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. Designed for all skill levels.

6 sessions: \$120 members/\$150 non-members

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

12 sessions: \$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 sessions: \$120 members/\$150 non-members

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

12 sessions: \$240

**Pro Workout:** Designed to practice specific skills and concepts in a fun environment with a variety of drills. Participants will have the opportunity to learn and develop different tactics by competing against each other.

6 sessions: \$90 members/\$120 non-members

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

12 sessions: \$180

## Youth Programs

**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 sessions: \$150 members/\$180 non-members

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

12 sessions: \$275

**Quick Start Mighty Might (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 sessions: \$30 members/\$60 non-members

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

12 sessions: \$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 sessions: \$45 members/\$75 non-members

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

12 sessions: \$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 sessions: \$45 members/\$75 non-members

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

12 sessions: \$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 sessions: \$75 members/\$105 non-members

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

12 sessions: \$150