

Adult Class Descriptions – 2024

Department	Class Name	Class Time	Schedule	Ages	Description
Tennis	Adult Beginner/Immediate	8am-9am	M,W, F	18+	For players with some tennis experience but who still need to develop better techniques and strategy. These players are ready to start rallying and playing live ball. Focus will be on consistency, footwork, and introduction to doubles strategy. (Recommended for players playing at a USTA Rating level of 2.5-3.5) This class meets at the Adult Courts on Pacific Street.
Tennis	Adult Intermediate Tennis	9am-10am	M,W, F	18+	This class is for players with some tennis experience but who still need to develop better techniques and strategy. Focus will be on consistency, footwork, and doubles strategy. (Recommended for players playing at a USTA Rating level of 3.0-3.5) This class meets at the Adult Courts on Pacific Street.
Tennis	Adult Advanced Adult Tennis	10-11am	M,W, F	18+	This class will work to fine-tune ground strokes, volleys and serves for competitive players. Singles and doubles strategy will be developed. (Recommended for players playing at a USTA Rating level of 4.0+) This class meets at the Adult Courts on Pacific Street.
Tennis	Adult Beginner/Immediate	11am-12pm	M,W, F	18+	for players with some tennis experience but who still need to develop better techniques and strategy. These players are ready to start rallying and playing live ball. Focus will be on consistency, footwork, and introduction to doubles strategy. (Recommended for players playing at a USTA rating of 2.5-3.5) This class meets at the Adult Courts on Pacific Street.
Tennis	Point Play Beginner/Advanced Beginner	5-6:30pm	Tues	18+	Point Play is an exciting program that puts players in a realistic game situation where you play out point after point. Need to improve your focus, anticipation or reaction time? Are you working on moving from defense to offense in your game? Point Play is a fun way to help you practice your tennis skills while getting a great workout. This class meets at the Adult Courts on Pacific Street.
Tennis	Point Play Intermediate/Advanced	5-6:30pm	Thur.	18+	Point Play is an exciting program that puts players in a realistic game situation where you play out point after point. Need to improve your focus, anticipation or reaction time? Are you working on moving from defense to offense in your game? Point Play is a fun way to help you practice your tennis skills while getting a great workout. This class meets at the Adult Courts on Pacific Street.

Pickleball	Pickleball Clinic	4-5:30pm	Mon	18+	Our pickleball program offers engaging instruction and play opportunities for athletes of all ages and skill levels. Classes taught by certified professionals provide a supportive environment to learn proper techniques and strategies through targeted drills and games. From beginners looking to pick up this fun, social sport to advanced players seeking competitive challenges, our comprehensive program fosters skill development and an enjoyable pickleball community. If you are unable to attend a session, you are responsible for finding a sub.
Pickleball	Pickleball Point Play	6-7:30pm	Mon	18+	Our pickleball point play is a king of the court style pickleball game in which you play with different partners each game to 11 and move up and down courts depending on how you do. This is a fast paced, fun filled game without serving in which the pro's feed the ball in and you work on playing points in different scenarios.
Yoga	Yoga	8-9am	TBD	18+	Yoga is offered on a day-by-day basis. Sign up for the classes you desire by 5:00 p.m. on the day before class is offered. Signups will be open all summer. Check the calendar for the exact days and times once summer starts.
Tai Chi	Tai Chi	TBD	TBD	18+	Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. This class is offered on a week-by-week basis--sign up for the class you desire by 5:00 p.m. on the day before class is offered. Signups will be open all summer.