



# Adult Tennis Schedule

Effective January 5, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15-9 am <b>*Cardio Tennis*</b> All Members Welcome <b>NO FEE</b>			9-9:30 am <b>Stroke of the Week</b>		8:15-9 am <b>*Cardio Tennis*</b> All Members Welcome <b>NO FEE</b>
9:30-11am <b>Singles Workout</b> NTRP 3.0+				9:30-11 am <b>HIT High Intensity Tennis</b> NTRP 3.0+		
	10-11 am <b>*Skills &amp; Drills*</b> For 2.5-3.0					
11 am-12:30 pm <b>Kingco Cup Workout</b>	11 am-12:30 pm <b>Classic Cup Workout</b>	11 am-12:30 pm <b>Evergreen Cup Workout</b>	11 am-12:30 pm <b>Emerald Cup Workout</b>	11 am-12:30pm <b>Rainier Cup Workout</b>	11 am-12:30 pm <b>Tennis 401</b> NTRP 4.0+	
		12:30-2 PM <b>Flights</b> NTRP 2.5 +			12:30-2 pm <b>Tennis 301</b> NTRP 3.0+	
<p><b>SCHEDULE SUBJECT TO CHANGE</b> visit our website for class updates - <a href="http://www.bainbridgeathleticclub.com">www.bainbridgeathleticclub.com</a></p> <p>See class descriptions on the reverse side of this schedule. Signs ups taken online at <a href="http://www.bacbookings.com">www.bacbookings.com</a></p> <p><b>*For a limited time only, All Members (both Fitness and Tennis) may participated in these starred classes.*</b></p>					4-5 pm <b>*Intermediate* Tennis For Adults</b> Sign up at Biparks.org	
				6-7:15 pm <b>High Performance Tennis Clinic</b> NTRP 4.0+	5-6 pm <b>*JV Teams*</b> Sign up at Biparks.org	
		7-7:30 pm <b>NEW MEMBER CLINIC</b>				

**Friday Night Socials** Join us monthly for a fun social night of tennis. Play runs from 6-9pm and we encourage players to bring a snack to share. Sign up with a partner for a 6.0, 7.0 or 8.0 combined level and we will do the draw based on sign ups. Participants are guaranteed to have at least 2 rounds and we provide the balls, line up and drinks.

**Cardio Tennis** Come join us for a workout that will burn 700-1000 calories during the hour! It's a fun and high energy way of working out and all levels can participate in this class and the main focus is to sweat and have fun! All BAC Members (tennis and fitness) are welcome in this class, no sign up or fee required.

**401 for the 3.5+ rated player** (or with instructor approval) A co-ed hitting, sparring and drilling class. Run in monthly sessions, drop ins allowed on a space available basis.

**301 for the 3.0+ rated player** A co-ed hitting, sparring and drilling class. Run in monthly sessions, drop ins allowed on a space available basis.

**Flights (coming in October)** This program is great for a 2.5-3.0 level of player looking for a regular round of doubles. Sign up and we set the line up and mix you up with different players. This is a great way for you ladies to meet new players.

**Stroke of the Week** This clinic will help you improve on specific aspects of your game, taking them on one at a time. Check the with the front desk or the newsletter on the schedule of the strokes addressed.

**Intermediate Tennis for Adults** This class is for graduates of beginning tennis or for those who have previous tennis experience and haven't picked up a racquet in awhile and want their game back in shape. Come and put your tennis skills to use and get your game to the level where you can be competitive out on the court. Sign up through the Bainbridge Parks and Rec at 842-2306 OR Biparks.org

**HIT (High Intensity Tennis)** A play and drill class geared for the 3.0 and up level player that will get your hear pumping! Drills, strategy, movement, positioning, match play drills and more!

**High Performance Tennis Clinic** Improve hitting, sparring, drilling and more led by a BAC Staff Pro for the Experienced player who wants to increase their performance level. (instructor approval may be required)

**Singles Workout** Work on your Singles Game with a BAC Pro. Hit lots of balls and work on strategy.

**Skills & Drills for 2.5** Work on the fundamentals and technique, then put your new skills to work with point play drills.