

Adult Tennis Programs



adult tennis

The summer adult tennis program at Miramont offers a wide variety of classes in an engaging, energizing and inspiring atmosphere. Open to players of all ability levels, our certified tennis professionals will focus on fundamentals, technique and strategy for both singles and doubles to help raise your game to the next level.

Registration Information

1. Programs must be paid for in full to secure registration.
2. A minimum of three participants must be enrolled by start date for class to be held.
3. Programs are subject to change based on enrollment.
4. **Registration starts April 12th. Sign-up early/space limited.**

South Location

Session Dates

Session 1 (3 weeks)	June 1 - June 20
Session 2 (3 weeks)	June 21 - July 11
Session 3 (3 weeks)	July 12 - August 1
Session 4 (3 weeks)	August 2 - August 22

Group Lessons

Gather your friends, neighbors and teammates for the following group lessons complete with drills and instruction to enhance your skills and reach your tennis goals.

Levels & Times

2.5-3.0	Tuesday	9:00-10:30am
3.0G-3.5	Thursday	9:30-11:00am
3.5G-4.0	Wednesday	12:00-1:30pm
4.0G-4.5	Thursday	8:00-9:30am

Cost \$67.50

G (Gold) labeled levels are for those players performing at the higher end of each NTRP level.

Adult Match Play

This class will focus on singles and/or doubles strategy and tactics in a match situation. Acceptance in the class will be determined by your NTRP rating.

Levels & Times

3.5-4.0	Monday	12:30-2:00pm
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Cost/Session \$76



Learn to Play Tennis Clinics

Levels & Times

Beginner - For the player with little or no tennis playing experience. Demo racquets are available.

Friday 2:30 - 4:00pm

Intermediate - For the player with basic skills we will emphasize stroke work, footwork and match play.

Friday 4:00 - 5:30pm

Cost/Session \$60

Non-members welcome. Invite your friends!

Early Bird Tennis

Are you an early riser or like to play tennis before the work day begins? This class is for you! (Early sign-up required)

Levels & Times

3.0-3.5 Tuesday 6:00 - 7:30am

4.0W/3.5-4.0M Friday 6:00 - 7:30am

Cost/Session \$45/session or \$18/Drop-in rate



Cardio Tennis

This high energy workout is a fun group activity featuring tennis and footwork drills for players of all levels.

Times Wednesday 7:00 - 8:00am

Friday 1:30 - 2:30pm

Cost/Drop-in Class \$15 (Early sign-up required)



Stroke of the Week

This class will focus on a specific tennis stroke each week. The tennis professionals will break down the stroke and provide video analysis to help you understand your technique.

Times Friday 12:30 - 1:30pm

Cost/Drop-in Class \$15 (Early sign-up required)

Tennis Grill and Play Socials

Socialize with fellow tennis members and our tennis professionals.

Dates June 12

July 10

August 14

Times Saturdays 6:00pm - 8:00pm

Private Tennis Lessons

Whether you are just beginning or wanting to improve your game, our experienced tennis professionals are available for private and semi-private tennis lessons.

	One Hour	Series of Five
One Person	\$58	\$280
Two People	\$32/person	\$150/person
Three People	\$22/person	\$100/person
Four to Eight People	\$17/person	\$75/person



**Call the Tennis Manager at 672-4228
for more information.**