

ADULT TENNIS & PICKLEBALL



BEECHMONT RACQUET CLUB PROS

SUMMER GROUP LESSONS

BEGINNER TENNIS

Basic techniques, little/no tennis experience.

Tuesday.....6:00-7:00pm
Saturday.....11:30-12:30pm

INTERMEDIATE TENNIS / INSTRUCTIONAL ROUND ROBIN

Consistent strokes, basic singles/doubles tactics.

Wednesday.....10:00-11:30am
Friday.....10:00-11:30am

CARDIO TENNIS

All abilities welcome! Various tennis drills that promote your heart rate to increase and burn calories.

Thursday.....6:00-7:30pm
Saturday.....9:30-10:30am

PICKLEBALL LESSONS

Basic techniques and fundamentals, as well as various levels of play.

Wednesday.....9:00-10:00am
Friday.....9:00-10:00am

ADULT CLUB TEAM

Join our Club team and compete against other swim clubs in the area! Matches are no additional cost. Times are TBD.

Men's Saturday Practice.....8:30-10:00am
Women's Monday Practice.....8:30-10:00am

HOW TO SIGN UP

1. Email completed form to ahstclub.tennis@gmail.com
2. Participants will be notified of their acceptance & time slot.
3. Bring copy of form and payment to first session.

COST

Below are AHSTC Member Fees. Non-Members are welcome to attend for an additional \$10 per day.

PRE-SEASON ADULT TENNIS [1.5 HRS]
\$80/Session (4 Saturdays in May)
\$21/Drop-in day

PRE-SEASON ADULT PICKLEBALL [1 HR]
\$60/Session (4 Saturdays in May)
\$16/Drop-in day

PICKLEBALL LESSONS, ADULT BEGINNER, ADULT CARIO (SATURDAY) [1 HR]
\$99/Session (2 days a week for 3-weeks)
\$20/Drop-in day

ADULT INTERMED/IRR, ADULT CARIO (THURSDAY) [1.5 HRS]
\$126/Session (2 days a week for 3-weeks)
\$25/Drop-in day

Women's/Men's Team practice [1.5 HRS]
\$60/Session (1 day a week for 3-weeks)
\$20/Drop-in day

**Any Adult team member who is also signed up for Lessons, will receive a reduced practice session rate of \$15/clinic, \$45/session.*

Ball Machine Rental: \$10/half-hour