

ADULT TENNIS PROGRAMS



*Clinic prices are listed as member/non-member

Session #	Dates	Duration	1.5 hr. Clinic
Session 1	Sep. 9 – Oct. 26, 2019	(7 Weeks)	\$210 / \$280
Session 2	Oct. 28 – Dec. 21, 2019	(8 Weeks)	\$240 / \$320
Session 3	Jan. 6 – Feb. 29, 2020	(8 Weeks)	\$240 / \$320
Session 4	Mar. 2 – Apr. 25, 2020	(8 Weeks)	\$240 / \$320
Session 5	Apr. 27 – Jun. 13, 2020	(7 Weeks)	\$210 / \$280
Session 6	Jun. 15 – Jul. 25, 2020	(6 Weeks)	\$180 / \$240
Session 7	Jul. 27 – Sep. 5, 2020	(6 Weeks)	\$180 / \$240

*No Clinics on the following dates:

10/14/19 11/28/19 11/29/19 11/30/19 1/20/20
 2/17/20 4/12/20 4/13/20 5/23/20 5/24/20
 5/25/20 7/4/20

ADULT INTERMEDIATE CLINIC

For players who compete on USTA Leagues and has an understanding of singles and doubles tactics. Clinics will be more tactical based and involve more live ball drilling and point play as well as developing serves and return of serves.

Level: 3.0+

Tuesdays 10:00-11:30 a.m. or
 Thursdays 6:30-8:00 p.m.

ADULT 101/102 CLINIC

For players new to the game or players looking to get back into it, this clinic will have an emphasis on fundamentals and early match play development. Clinics will consist of drilling, baseline rally skills, and serving. 101 is for true beginners and 102 is for people who have some tennis experience.

Level: 1.0-2.5

Tuesdays 6:30-8:00 p.m. or
 Thursdays 10:00-11:30 a.m.



ADULT ADVANCED BEGINNER CLINIC

For players in between the beginner level but not quite ready for the intermediate level. An advanced beginner has a general understanding of fundamentals but still needs a balance of drilling and match play. There is still an emphasis on technical as well as tactical skills.

Level: 2.5-3.0

Wednesdays 10:00-11:30 a.m. or
 6:30-8:00 PM

ADULT LEAGUE PLAY

Adult Flex Leagues

Competitive play for Healthplex members. Our adult singles leagues are flighted by NTRP rating guidelines. Matches are scheduled by the players. 12-week Fall and Winter leagues are available. Fee: \$10. Registration fee must be paid before play schedule will be provided. Fall League deadline: Sept. 23, 2019. Play begins September 30, 2019. Winter/Spring League deadline: Jan. 13, 2020. Play begins Jan. 30, 2020.

Women's Friday Interclub

The Healthplex Sports Club sponsors 3 teams for members in the Women's DelTri Friday Interclub League. Interclub teams are traveling teams, therefore all players must be able to play away matches as well as home matches. Fee: Determined by the league. Match play is on Friday's beginning in October.



HEALTHPLEX®
 SPORTS CLUB

REGISTRATION

For more information or to register, email Lead Tennis Pro, Anthony Santonastaso at healthplextennis@gmail.com