



Adult Tennis Program

Cardio Tennis

A high energy fitness activity that combines tennis with cardiovascular exercise delivering the ultimate aerobic workout.

Level	Day	Times	Member Rates	Non-Member Rates
All Levels	Tuesday	9:00am-10:00am	\$15.00/class	\$25.00/class
All Levels	Tuesday	6:00pm-7:00pm	\$15.00/class	\$25.00/class
All Levels	Fridays	9:00am-10:00am	\$15.00/class	\$25.00/class
2.5-3.0	Saturday	9:00am-10:30am	\$22.50/class	\$32.50/class
3.5 & Up	Saturday	9:00am-10:30am	\$22.50/class	\$32.50/class

Sports Fitness Tennis

A high intensity workout that incorporates skill improvement with tennis specific training

Level	Day	Times	Member Rates*	Non-Member Rates
3.0 & Up	Mondays	8:30am-10:00am	\$22.50/class*	\$27.00/class

*One-month commitment required for \$22.50/class. Single class drop in rate is \$27.00/class

Adult Drills/Lessons

These drills focus on technique, court positioning, and strategy.

Level	Day	Times	Member Rates	Non-Member Rates
Tennis 101	Tuesdays	7:00pm-8:30pm	\$96/8weeks	\$120/8weeks
Tennis 102	Tuesdays	7:00pm-8:30pm	\$144/8weeks	\$180/8weeks
2.5-3.0 coed drill*	Mondays	1:00pm-2:30pm	\$22.50/class*	\$27.00/class*

* One-month commitment required for \$22.50/class. Single class drop in rate is \$27.00/class/member or \$30/class/nonmember

Friday Night Social

A coed doubles mixer. Enjoy playing with different tennis partners throughout the night.

Level	Day	Times	Member Rates	Non-Member Rates
3.5-4.5	Fridays	5:45pm-7:45pm	\$15.00	\$25.00

RSVP to Adam Martins weekly invitational email: amartin@valleyathletics.com

Leagues

Fall Session (Sept. 5-Jan14) Winter/Spring Session (Jan 15-May 20) \$15 per session plus court time.

Level	Day	Times
Men's 4.5/5.0 Singles	Monday	4:15-5:45pm/5:45-7:15pm/7:15pm-8:45pm
Coed 4.0/4.5 Doubles	Monday	7:15-8:45pm
Ladies' 4.0 Doubles/Singles	Tuesday	6:00-7:30pm
Coed 3.5-4.0 Singles	Tuesday	7:30-9:00pm
Coed 3.0 Doubles/Singles	Wednesday	5:30-7:00pm
Coed 3.5 Doubles	Wednesday	6:30-8:00pm
Ladies' 3.0 Doubles/Singles	Thursday	9:00-10:30am
Ladies' 3.5 Doubles	Thursday	8:30-10:00am
Coed 4.0/4.5 Singles	Thursday	6:00-7:30pm
Men's 4.5-5.0 Doubles	Thursday	7:30-9:00pm

Contact Scott Meixl at smeixl@valleyathletics.com or 920-560-0105 for information and details.

Singles Ladder Challenge

We schedule you 2 matches per month, you and your opponent pick the dates and times.

\$15 to join for the whole session and just pay court time when you play. (unlimited tennis eligible)

Contact Scott Nemi at snemi@valleyathletics.com or 920-560-0105 to sign up