RACQUET + FITNESS

ADULT TENNIS

FALL 2023

Gap - Aug. 21st to Sept 1st (2 wks)*
Fall I - Sept. 5th to Sept. 29th (4 wks)*
Fall 2 - Oct. 2nd to Oct. 27th (4 wks)
Fall 3 - Oct 30th to Nov. 24th (4 wks)*
Fall 4 - Nov. 27th to Dec. 22nd (4 wks)*

***(Session price is prorated based on number of class days Chart denotes 4 week session pricing.)**
Adult Beginner & Adult Intermediate commence after Sept 4th.

3.5 — 3.0 USTA Travel Team Women's Drill

Drills designed to raise performance levels for local league play. Coaching experts teach proper technique and doubles strategies. Refine racquet skills and improve footwork as you dictate play with improved shot selections.

4.0 — 3.5 + USTA Travel Team Women's Drill

Players who demand fast paced drills... this is for you. No room for the timid here. Advanced strategy and techniques are stressed. Designed for players who want a truly competitive experience.

3.5 Ladies Matchplay

Players wanted! Join our weekly 3.5 match-play. Professionals oversee and organize this group so that all participants have a positive yet competitive experience.

2.5 – 3.5 Adult Intermediate (Mixed Gender Drill)

Coming back to the game or just looking for a hit in a low pressure environment? This mixed group offers plenty of action with fast paced games and drills. Join us on the court for a fun and enjoyable workout.

Adult Beginner

Always wanted to learn tennis or just getting back to it. Join Josie's group. Its great fun and you will meet new friends to enjoy a game of a lifetime. *Contact Josie at 616-363-7769 ext.1012 or* ***josie_c26@yahoo.com*** *to learn more.*

Summer						
Class	**Day**	**Time**	**Member ***	**Guest**	Member Drop in	NM Drop in
3.5 Women's Drill	Mon	9:00- 10:30am	$104	$116	$29	$32
4.0 Women's Drill	Tue Thur	9:00-10:30am 9:00-10:30am	$104 $104	$116 $116	$29 $29	$32 $32
Ladies 3.5 Matchplay	Wed	9:30-11:30am	$20	$24	$20	$24
Adult Beginner	Wed	11:00-12:30 pm	$104	$116	$29	$32
Adult Intermediate	Tue	7:30– 9:00 pm	$104	$116	$29	$32

Questions directed to:

Director of Adult Tennis - Lewie DeGeneault *(616) 363-7769 ext.1004 Lewie@grracquet.com or League Coordinator Duy Tran (616)-363-7769 ext.1007 dtranuspta@gmail.com*

****Individual classes available only if space permits. Per class "drop ins" require advance signup through the service desk by phone or online.**

Payment is due at the time of attendance. Times and pricing subject to change. Participants must maintain a method of payment on file. Makeups permitted only if class size permits.

Adult Hit List- It's Here!

Get out and work on your strokes or enjoy some fast paced competition. Either way get a great level hit or workout by joining our " Hit List". Find the perfect level hitting partner for you.

Having difficulty finding a game or hit at your level ?
Join our player hit list and data base. It's free and fun.

Ask the front desk for a form or scan the following QR Code then click the hyperlink. Fill in your information / preferences and presto...new tennis friends!

https://form.jotform.com/200536028886156

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