

TENNIS PROGRAMS

SCHEDULE EFFECTIVE JANUARY 25th

WINTER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RISE + RALLY 7:30 - 9:00AM 3.5 - 4.0				RISE + RALLY 7:30 - 9:00AM 3.5 - 4.0	
DBH 1- Practice 9:00 - 11:00AM	ADULT ACADEMY 9:00 - 10:30AM	DBH 1- Match 9:00 - 1:00PM	DBH 3- Match 9:00 - 11:00AM	DRILL & MATCH* 9:00 - 10:30AM	
	DBH 4- Practice 9:00 - 10:30AM	DBH 2- Match 9:00 - 1:00PM	DBH 4- Match 9:00 - 11:00AM		
	DBH 3- Practice 10:30 - 12:00PM			ADULT ACADEMY 10:30 - 12:00PM	
	DRILL & MATCH* 10:30 - 12:00PM				
DBH 2- Practice 11:00 - 1:00PM			CARDIO TENNIS 11:00 - 12:00PM		CMITA Match 11:00 - 5:00PM
Coed Instructional Clinic 12:00 - 1:30PM 3.5	DRILL & MATCH* 12:00 - 1:30PM			Coed Instructional Clinic 12:00 - 1:30PM 4+	
DRILL & MATCH* 6:30 - 8:00PM	CARDIO TENNIS 6:00 - 7:00PM		CMITA A1 WOMEN'S PRACTICE 6:30 - 8:00PM		
	Mixed Doubles Practice 6:30 - 8:00PM		DRILL & MATCH* 6:30 - 8:00PM		
	CMITA MEN'S B/C PRACTICE 8:00 - 9:30PM				



Drill & Match are level based

** UTR Matches Saturday/Sunday available on a week by week basis**

CLINIC DESCRIPTIONS

ADULT ACADEMY

Join us in our Starters clinic to gain basic tennis skills to get you on the right track to playing at a high level!

DOROTHY BRUNO HILLS(DBH)

Dorothy Bruno Hills (DBH): a women's interclub league of 18 matches (doubles play). There may be a tryout process to make a DBH team.

CENTRAL MASS INDOOR TENNIS ASSOCIATION (CMITA)

A level-based evening/weekend men's and women's singles and doubles league.

COED INSTRUCTIONAL CLINIC

This is a play base clinic. Players will be doing live ball drills, hitting with depth, spin down the line and cross court. Serve and return with playing out points, both singles and doubles.

RISE & RALLY

Wake up & get moving and grooving for Rise and Rally! Practice a variety of strokes from groundstrokes, to volleys, to serving and more to start off your day.

STARTERS

Introduction to all the basics of the game. Learning the foundational tennis skills and then adding some tricks to your set of tools.

CARDIO TENNIS

Cardio Tennis is a high-energy tennis workout, featuring fast-paced drills and games choreographed to heart-pumping music. This fun and social class is for players of all ability levels to develop unique adaptive skills not easily gained through traditional play.

CLINICS SUBJECT TO CHANGE

Adult Academy: Email: po@thoreau.com

CMITA: Email: frank@thoreau.com | DBH: Email: adulttennis@thoreau.com

