

Spring Adult Racquets Programming

May 6th – June 16th, 2024

Lessons will be offered as soon as the weather permits. Emails will be sent to those individuals that are interested. If you are not on the Racquets email lists, please reach out to Jimmy to be added.

Advanced sign up is required for ALL DRILLS. If three or more people do not sign up for a class, it will be canceled. If you are unsure about what drills would be best suited to you, please contact Jimmy for more information at jbeckwith@gulllakecc.com

Pickleball

Ladies' Night Pickleball Round Robin - Monday nights are dedicated to all our female members looking to get involved with pickleball in a fun and social way. This organized night was a success last season, and we hope to keep the momentum going. Sign up and the staff will match you up with a team of similar abilities. You do not have to commit to attending every week. An email will be sent out to see who is available each week.

Mondays: 5:30 PM-7:30 PM **Price: \$5.00 per person**

Lead Pro: Stephen/Jimmy

Beginner Drill (Pickleball 101) – This drill is for members who want to learn the fundamentals of pickleball. Drills will focus on the fundamentals of strokes, scoring and basic game play. Both men and women are welcome to attend.

Tuesdays: 6:00 PM– 7:00 PM **Drop in: \$20.00**

Lead Pro: Stephen

Ladies Pickleball Level League – This league is brand new this year. It was created to give an outlet to women that would like to play in a competitive atmosphere. Players will sign up in teams and a weekly schedule will be created. Each week points will be awarded, and a weekly total will be tallied for the duration of the league. When the regular season is finished there will be a finals match to determine the league champions. A more thorough description will be sent out well in advance of the season and teams must sign up in advance.

Thursdays: 5:30 PM-7:30 PM **Session: \$30.00**

4 weeks May 9th -May 30th

Lead Pro: Stephen/Jimmy

Tennis

“Classic” Cardio Tennis Drill – We are bringing back the format that was used for cardio previous to the 2022 season and will focus on high intensity hitting drills. This exercised-based drill is designed for men and women of intermediate and above abilities, and fitness levels. The drill will be very low pressure but high energy. It will include three segments: warm up, cardio workout and cool down. This year we would prefer participants to sign up in advance, but last-minute drop-in’s will be allowed as well. Join the fun!

Wednesdays: 5:30 PM-7:00 PM Drop in: \$25.00

Lead Pro: Jimmy

Beginner Cardio Tennis – This is a new twist on our current cardio classes which will cater to players that are looking to get a great work out but are not interested in rallying or playing in a competitive environment. This class is sure to be a great workout for players of all ability levels in a low-pressure setting.

Saturdays: 11:00 AM-12:30 PM Drop in: \$25.00

Lead Pro: Jimmy/ Stephen

Beginner Drill (Tennis 101) – This drill is tailored to players that have never picked up a tennis racquet or are new to the game and have minimal experience. Drills will focus on the fundamentals of the game including basic stroke production (basics of the different swings) and will evolve into basic rally situations and some game play.

Saturdays: 12:30 PM-1:30 PM Drop in: \$20.00

Lead Pro: Jimmy/ Stephen

Intermediate & Advanced Adult Drill – This tennis drill is perfect for men and women who can play at a competitive level and wanted to refine their strokes, doubles strategies and add new weapons to their game. The drills will be a combination of tactical and technical training.

Mondays: 12:00 PM-1:30 PM Drop in: \$25.00

Lead Pro: Jimmy/Stephen

Social

Racquet Season Opener!

This is a fun event for men and women to kick of the season

Friday, May 17th: 6:00 PM-9:00 PM

Junior Spring Tennis Programming

May 6th – June 16th, 2024

Our Spring program is designed for all levels, ages 6 to 18. This year we are offering the ability to purchase lesson packages for those that would like to come on a regular basis.

Rookies - (1st-4th Grade) - Players will learn the proper technique for groundstrokes, volleys and serves. We will also work on developing rally skills, working with a partner, and footwork. Rallying together and learning how to develop points will be a key focus.

Mondays: 4:30 PM -5:30 PM **Drop in: \$20.00**

Lead Pro: Jimmy/Stephen

Superstars - (5th-8th Grade) - This drill reinforces proper technique with a focus on serving and learning the concepts of singles and doubles positioning and strategy.

Thursdays: 4:00 PM -5:30 PM **Drop in: \$25.00**

Lead Pro: Jimmy/Stephen

Elite - (9th-12th Grade) - This drill will be high intensity drills, mixed in with competitive games. This will be a full coverage of groundstrokes, volleys and serves. We will focus on singles and doubles work to build players up for their high school season.

Wednesdays: 4:00 PM-5:30 PM **Drop in: \$25.00**

Lead Pro: Jimmy/Stephen

If these times do not fit with your schedule, please contact Jimmy for private, semi-private and small group options.

Pricing

We are offering the ability to purchase a family lesson package. Members can purchase a package of 20 classes that can be used for adults or children of the same family on a drop-in basis. The pricing below refers to both adult and junior classes. Packages are valid during the 2024 season.

***** NEW ***Family Lesson Package – \$300 - 20 group lessons that can be used for any classes among immediate family members. Private lessons, small groups and large groups are excluded. Can be used during the spring, summer and fall sessions. This value comes out to 15 DOLLARS per class!**

Private Lessons

Racquets Director (Jimmy Beckwith)	\$70 per hour
Assistant Director/Pro (Stephen Payne)	\$70 per hour
Semi-private (2-3 players)	\$36 per person per hour
Large Group (4+ Players)	\$25 per person per hour
Ball Machine	\$10 per use