

Meadows Swim
& Tennis Club

Meadows Club
Adult Drills, Clinics & more...
As of April 2009 - all programming subject to change
Pre registration required for all programming

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 7:30 am							
7:30 - 8 am							
8 - 8:30 am				Cardio Tennis Pro: Nancy		Cardio Tennis Pro: Nancy	USA 1-2-3 & 4-5-6 6 wk session
8:30 - 9 am							Serve Clinic
9 - 9:30 am							Target Tennis All Levels Pro: Adrian
9:30 - 10 am							
10 - 10:30 am							
10:30 - 11 am			1-2-3 (2.5) Pro: Nancy 6 wk session	7-8-9 (3.5/4.0) Pro: Nancy 6 wk session	4-5-6 (3.0) Pro: Tom 6 wk session		
11 - 11:30 am		Cardio Tennis Pro: Nancy				Stroke of Week Pro: Adrian	Match Play By Level
11:30 - 12 pm							
12 - 12:30 pm		Power Lunch Pro: Adrian	Power Lunch Pro: Nancy	Power Lunch Pro: Nancy	Power Lunch Pro: Tom	Power Lunch Pro: Adrian	
12:30 - 1 pm							
1 - 1:30 pm							
1:30 - 2 pm							
2 - 2:30 pm							
2:30 - 3 pm							
3 - 3:30 pm							
3:30 - 4 pm							
4 - 4:30 pm	Hard Core All Levels Pro: Rotating						
4:30 - 5 pm							
5 - 5:30 pm							
5:30 - 6 pm							
6 - 6:30 pm							
6:30 - 7 pm			Hard Core Pro: Tom		Hard Core Pro: Tom	Mixed Clinic Pro: Tom	
7 - 7:30 pm		Ladies Night Pro: Tom		Men's Night Pro: Tom		Mixed Dbls Play	
7:30 - 8 pm							
9 - 9:30 pm							

Clinic: 
 Drill: 