



Adult Programs

Winter Park Tennis center
1075 Azalea Lane
Winter park, FL 32789
407.599.3445
info@hpsmtennis.com

Beginner Tennis 101

For the new player! Grips, footwork, forehand and backhand groundstroke's, volleys and serve will be introduced. Will learn to rally with other players.

Monday.....7:00pm-8:00pm
Drop in fee: \$20
Minimum 4 people to have a class

Intermediate Tennis 102

Participants will focus on coordinating movement and balance, hitting the ball with purpose and direction, and improve skill level through strengthening of the fundamentals learned in the Beginner Tennis 101.

Monday.....7:00pm-8:00pm
Drop in fee: \$20
Minimum 4 people to have a class

Serve, Return and play (New Program)

For beginner and intermediate level play. First 30 min work on serve and returns concentrate on mechanics and technic aspect of the strokes. Last 30 min implement your skills into match play.

Wednesday.....7:00pm-8:00pm
Drop in fee: \$20
Minimum 4 people to have a class

Singles 4.0 Live Ball Drills

Live ball singles play. During singles play,player will for on tactical play for singles with live ball games. Teaching pro will review technic and shot selection during play.

Monday. 6:30pm-8:00pm
Drop in fee: \$30
Sign up on GroupMe app



Cardio FIT

Fast paced and energetic drills to get your heart rate up.Will improve your fitness and your tennis game.

Tuesday 7:00pm-8:00pm
Wednesday..... 8:00am-9:00 am
Wednesday..... 6:00 pm-7:00 pm (New Class)
Thursday 6:00pm-7:00pm
Saturday..... 8:00am-9:00am

Drop in fee per class: \$18
Minimum 4 people to have a class

Cardio PLAY

15 min Warm up will follow with live ball game style play. King of the court, Pink pong tennis, Offense/Defense and etc.Fun and energetic play.

Tuesday 6:00pm-7:00pm
Thursday 7:00pm-8:00pm
Friday 8:00am-9:00am
Saturday 9:00am-10:00am *

Drop in fee. per class: \$18
Minimum 4 people to have a class

Doubles Clinic "Hunger Games"

The Doubles Tennis Hunger Games Clinic is here, blending skill-building exercises with strategic games to determine the ultimate tennis champions.of the games. 15 min warm up follow with 4-6 different games.

Wednesday 7:00pm-8:15pm
Drop in fee: \$25 per person

Minimum 6 double team to have a class
Sign up with your partner

