

ADULT PROGRAMS



For more information :



407-599-3445



Winterparktenniscenter.org



Beginner Tennis 101

Introduction to grips, footwork, groundstrokes, volleys, and serves. Learn to rally with fellow participants.

Monday
7:00pm-8:00pm

Drop in : \$30
Monthly session
(4 weeks): \$80

Minimum 4 people
to have a class

Intermediate Tennis

Participants will refine movement and balance, develop purposeful and directed shots, and build on fundamentals from Beginner Tennis 101 to enhance overall skill.

Singles 4.0



Live ball singles play with a focus on tactics.
The pro will give feedback on technique & shot selection during games.
Sign up on GroupMe app

Monday &
Wednesday:
6:30pm-8:00pm

Drop in : \$30

Cardio FIT

Tuesday: 7:00pm-8:00pm
Wednesday: 8:00am-9:00 am
Thursday: 6:00pm-7:00pm
Saturday: 7:30am-8:30am

Drop in : \$18

Cardio PLAY

Tuesday: 6:00pm-7:00pm
Thursday: 7:00pm-8:00pm
Friday: 8:00am-9:00am
Saturday: 8:30am-9:30am

Minimum 4 people
to have a class