



Bridgehampton Spring 2023 Tennis Program

Adult Tennis-Get On the Court

Make 2023 the year to get out on your tennis courts at Bridgehampton. With many choices and days, we hope to see you at the club. See you on court.

Cardio Tennis

*Wednesdays 9:00-10:00 am & Fridays 9:30-10:30 am (Adult Coed)
\$20.00/class High energy drills and play-Burn 600-700 calories an hour*

Mens Workout

*Mondays 7:30-8:30 pm \$20.00/class
Drills, games and strategy*

Ladies Weekday Practice

*Wednesdays 10:00-11:30 am \$30.00/class
Partner drills, supervised play and strategy*

Tennis 102.5 Sessions

*Wednesdays 7:30-8:30 pm & Thursdays 9:30-10:30 am \$20.00/class
Doubles and Singles Play and drills, focus on moving to the next level*

Stroke of The Week

*Wednesdays 9:00-10:00 am & Fridays 10:30-11:30 am (Adult Coed)
\$20.00/class Focus on 1 particular stroke or aspect of the game*

Ladies Evening Practice

*Thursdays 6:30-8:00 pm \$30.00/class
Partner drills, supervised play and strategy*

Tennis 101-Beginner

Beginner, new to tennis? Tennis 101 is for you. Six 1 hour classes @ reduced rate \$90/person & you get a new racquet (New class in April)

Contact Serve It UP Tennis @ 704-625-6552 or
todd@serveituptennisacademy.com to register or for questions
Or visit [Serve It UP Tennis](http://ServeItUP.Tennis)

Red Level (Ages 4-6)
Mondays & Wednesdays
5:00-6:00 pm
Thursdays 5:30-6:30 pm
\$102/1 day a week
\$190/2 days a week
Price for 6 week session

Orange Level (Ages 7-9)
Mondays & Wednesdays
5:00-6:00 pm
Thursdays 5:30-6:30 pm
\$102/1 day a week
\$190/2 days a week
Price for 6 week session

Green Level (Ages 10-14)
Mondays & Wednesdays
6:00-7:30 pm
\$162/1 day a week
\$300/2 days a week
Price for 6 week session

