



# Bridgehampton Winter/Spring 2024 Tennis Program

## Adult Tennis-Get On the Court

Make Spring 2024 the season to get out on your tennis courts at Bridgehampton.

### Cardio Tennis

*Wednesdays & Fridays 9:30-10:30 am*

*\$20.00/class High energy drills and play-Burn 600-700 calories an hour*

### Mens Corner

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

*League/Ladder Play- Thursdays 7:00-9:00 pm \$15.00/week*

*Singles & Doubles, supervised, competitive scoring*

### Ladies Weekday Practice

*Tuesdays 9:30-11:00 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

*Thursdays 10:30-11:30 am*

*\$20.00/class Focus on 1 particular stroke or aspect of the game*

### Pickleball Play & Learn

*Beginner class- Tuesday 9:00-10:00 am/6:00-7:00 pm*

*Intermediate class- Tuesday 10:00-11:00 am/7:00-8:00 pm*

*\$20.00/class Sign up online*

### Tennis 101-Beginner Adult

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

Serve It UP Tennis @ 704-625-6552 or [todd@serveituptennisacademy.com](mailto:todd@serveituptennisacademy.com)

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

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

**1ST SESSION CLASSES**  
**BEGIN week of January 15th**

[www.serveitup10s.com](http://www.serveitup10s.com)

