



# Bridgemill Fall/Winter 2023 Tennis Program

## Red Level (Ages 4-6)

Tuesdays

5:30-6:30 pm

\$102/1 day a week

Price for 6 week session

## Orange Level (Ages 7-9)

Tuesdays & 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)

Thursdays

6:30-7:30 pm

\$102/1 day a week

Price for 6 week session

## Adult Tennis-Get On the Court

Make this Fall/Winter 2023 the season to get out on your tennis courts at Bridgehampton.

### Cardio Tennis

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

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

### Mens Corner

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

### Ladies Weekday Practice (3.5+)

*Wednesdays 9:30-11:00 am \$30.00/class*

*Partner drills, supervised play and strategy*

### Tennis 102.5 Sessions

*Tuesdays 6:30-8:00 pm \$30.00/class*

*Tuesdays 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

*Mondays 10:30-11:30 am (Adult Coed)*

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

### Pickleball Play & Learn

*Details coming soon.*

### 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 November)*

**ALL CLASSES BEGIN week  
of October 23rd**

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

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