



## 2010 Adult Winter Calendar

For more information contact Lorie Gochenour at 508-358-7355 or [lorie@longfellowclubs.com](mailto:lorie@longfellowclubs.com)

<u>Clinic Name</u>	<u>Level</u>	<u>Time</u>	<u>Instructor</u>	<u>Price</u>
<b>Monday</b>				
Stroke of the Week	Open	8-9am	Jeff	Weekly; \$20
Adult Zip	Beginners	9:30-11am	Bill	6 Weeks; \$175 mem; \$200 non-mem
Cardio Tennis	open	11-Noon	Phillip	Weekly; \$15
Intermediate Doubles Skills	3.0	11-12:30	Eric/Jeff	Weekly; \$30
Adv Beginner Drill and Play	2.0+	12-1:30pm	Phillip	Weekly; \$30
Adult Zip	Beginners	7:30-9pm	Bill	6 Weeks; \$175 mem; \$200 non-mem
<b>Tuesday</b>				
Early Bird Clinic	4.0	7-8am	Phil P	EB \$15; Regular \$20
Senior Drill and Play	2.5+	10:30-11:30am	Phil P	Every other Week; \$18
Adv CMITL Ladies Team Drills	A and B	7-8:30pm	Lance	Weekly; \$30
Men's Drills	3.0+	8:30-10pm	Bill	Weekly; \$30
<b>Wednesday</b>				
Stroke of the Week	Open	8-9am	Jeff	Weekly; \$20
Swing into Strokes	3.0	9-10:30am	Jeff/Sylvia	Weekly; \$30
Intermediate Gran Prix	2.5	10:30-12:30	Sylvia	Weekly; \$25
Stroke of the Week	Open	11am-Noon	Eric/George	Weekly; \$20
Primetime Cardio Tennis	Open	7-8pm	Jeff	6 weeks; \$120
CMITL Men Team Drills	3.0+	8-9:30pm	John	Weekly; \$30
<b>Thursday</b>				
Cardio Tennis	Open	8-9am	Jeff	Weekly; \$15
Advanced Singles Drill	3.5+	9-10:30	Jeff	Weekly; \$30
Intermediate Singles Drills	2.5	10:30-Noon	Jeff/Eric	Weekly; \$30
Adult Drill and Play	2.5	8:30-10pm	Bill	6 Weeks; \$175 mem; \$200 non mem
<b>Friday</b>				
Gran Prix	3	9-11am	Sylvia	Seasonal; See Sylvia Swartz
Advanced Drill and Play	3.5+	9:30-11am	Eric/Jeff	Weekly; \$30
Cardio Tennis	Open	11an-Noon	Phillip	Weekly; \$15
Adv Beginner Drill and Play	2.0+	12:30-2pm	Sylvia/Tonya	Weekly; \$30
<b>Saturday</b>				
Cardio Tennis	Open	7:30-8:30am	Lance/Jeff	Weekly; \$15
<b>Sunday</b>				
Men's Scrambles	3.0	9-11am	John	Weekly; \$22
Adult Zip Tennis	Beginners	11-12:30am	John	6 weeks; \$175mem; \$200 non mem
Cardio Tennis	Open	11-Noon	Lance	Weekly; \$15
Adult Drill and Play	2.5+	12:30-2pm	John	6 weeks; \$175mem; \$200 non mem