

Summer 2024 Core Tennis Offerings

Use the app to sign-up

Unsure how to get started? Email

Chris: Chris@guilfordracquet.com to learn all about our Tennis programs and schedule your free intro!



420 Church Street
 Guilford, CT 06437
 203-453-4367
 Guilfordracquet.com

Monday
Cardio Tennis – 8-9am
Skills and Drills – 5:30-6:30pm
2.5 Doubles Clinic – 6:30-8pm
3.0-3.5 CAPP – 6:30-8pm
Tuesday
Skills and Drills – 8-9am
Skills and Drills - 12-1pm
3.0-3.5 - 105 – 4:30-6pm NEW*****
3.0-3.5 CAPP – 6:30-8pm
3.0-4.5 Men’s Singles League – 8-9:30pm**
Wednesday
Cardio Tennis – 8-9am
3.0 Singles Clinic – 9-10:30am
Skills and Drills - 12-1pm
4.0-4.5 Doubles League – 8-9:30pm**
Thursday
3.0 CAPP - 10:30-12pm
Skill and Drills – 12-1pm
2.5 CAPP – 6:30-8pm
3.5-4.0 CAPP – 6:30-8pm
Men’s Doubles League – 8-9:30pm**
Friday
Cardio Tennis - 7:30-8:30am
Ball Machine Clinic – 8-9am NEW*****
Skills and Drills - 10-11am
Cardio Tennis – 11-12pm
4.0/4.5 CAPP - 12-1:30pm
Saturday
Cardio Tennis - 8-9am
3.5/4.0 CAPP - 8-9:30am
Cardio Tennis – 9-10am
3.0 CAPP – 9:30-11am
Skills and Drills – 11-12pm
Sunday
3.0 CAPP - 9-10:30am
2.5-3.0 Women’s League – 9-10:30am**
3.5.0-4.0 Doubles Clinic - 10:30-12pm

Core Programming Descriptions

CAPP – This is a fast-paced game, usually played with 6 people, but can be played with 4 or more people. It’s a doubles-based game, with balls fed in by a pro. Points are awarded by winning 3 points in a row at the net OR by hitting a winner. **\$37m/\$47nm**

105 – NEW! – If you like CAPP, you’ll love this new offering where you score points for hitting certain shots. **\$37m/\$47/nm**

Skills and Drills – This is a great place for beginner to advanced beginners to hone their skills and hit a lot of balls under the guidance of one of our fabulous pros. Open to players 2.0-3.0. **\$24m/\$30nm**

Cardio Tennis – This is open to all levels. It’s a combination of tennis and cardio exercises. Listen to music while playing tennis and working out! Played with orange balls. **\$24m/\$30nm**

Singles and Doubles Clinics – This is just like our private lesson groups, except non-members are eligible to play. You will work on the skills unique to each game with a combination of drills and point play. **\$37m/\$47nm**

Ball Machine Clinic – NEW! Work on specific shots fed from the ball machine with instruction by a pro. You will hit tons of balls and perfect your shots in this new clinic.

Leagues – FREE in the Summer! Organized games with no pro.

*Registration opens one week in advance for all core programming. Use the app to sign-up or email desk@guilfordracquet.com. Members have priority placement and pricing. If a group is full, contact the desk to see if any non-members are registered. You must do this at least 24 hours in advance to “bump” a non-member. If only 1-2 players sign-up for any of these programs, we reserve the right to cancel or reduce the amount of time.

**Members only

7/13/2024

