

Weekly Core Tennis Offerings

Fall/Winter 2024-25

Use the app to sign-up

Monday
Cardio Tennis - 7:30-8:30am
Doubles League - 12:30-2pm*
Skills and Drills – 5:30-6:30pm
Tuesday
3.0 Singles Clinic – 9-10:30am
Skills and Drills - 12-1pm
3.0 CAPP - 6:30-8pm
Singles League – 8-9:30pm*
Wednesday
3.0 CAPP - 9-10:30am
Skills and Drills - 12-1pm
3.0 Singles Clinic - 6:30-8pm
4.0 Doubles League – 8-9:30pm*
Thursday
Doubles League – 9-10:30am (outside, weather permitting) *
3.0 CAPP - 10:30-12pm
Doubles League - 8:30-10pm*
Friday
Cardio Tennis - 7:30-8:30am
Singles League – 9-10:30am (outside, weather permitting) *
Skills and Drills - 10-11am
Doubles League - 10:30-12pm*
Saturday
Cardio Tennis - 8-9am
3.5/4.0 CAPP - 8-9:30am
Skills and Drills - 9-10am
3.0 CAPP - 11-12:30pm
Sunday
3.0 CAPP - 9-10:30am
3.5/4.0 Doubles Clinic - 10:30-12pm



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

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/\$48nm**

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. **\$25m/\$32nm**

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! You will hit tons of balls, but you will also run, do jumping jacks and laugh a lot! **\$25m/\$32nm**

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/\$48nm**

Doubles League - \$24.75, Singles League - \$38
Outdoor League– FREE! Play games, 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

8/20/24