

GRAND SLAM TENNIS CLUB

2026 SPRING WEEKLY ADULT TENNIS PROGRAMS

Point Play (2.5+) \$60/session/1.5 hours/per person

Doubles live ball session. Participants will rotate partners each round and play with score. *Max of 6 players per court.*

Monday, Wednesday (2.5+) 9:30am-11:00am

Friday, (3.0+)- 10:30am-12pm

Doubles Strategy (3.0+) \$65/session/1.5 hours/per person

Fundamentals of doubles points, positioning and high percentage shots to help you win games. *Minimum of 3 required to hold an event. Max of 4 players per court.*

Thursday, 11:30am-1:00pm

105 (3.0-4.0) \$60/session/1.5 hours/per person

This game is not only a workout and a ton of fun but will improve your tennis game by improving your overall net game, teaching you when to be more aggressive and to better execute deep lobs.

Tuesday, 12:30pm-2:00pm

Cardio Tennis \$50/session/1 hour/per person

Come join us for an energetic fun morning workout. *Max of 6 players per court.*

Tuesday 7:00-8:00am

Friday 9:30am-10:30am



To sign up, please contact Grand Slam at 914-234-9206 or via email at staff@grandslamtennisclub.com.

GREAT TENNIS, GREAT TEACHING at GRAND SLAM!