

Tennis @ThePC

Effective 9/1/2024

Monday

Wednesday

Friday

Saturday

Classes

9:00 a.m. - 10:30 a.m.

Friday Morning Grind \$

HIT Class \$

10:00 a.m. - 11:00 a.m.

Adult Beginner \$

6:00 p.m. - 7:30 p.m.

Cardio Tennis \$

7:30 p.m. - 8:30 p.m.

Adult Beginner \$

Classes

Members: \$20.00

Non-Member: \$27.00

RSVP is required for all classes. You can RSVP using the Pacific Clinic app, calling 509-783-5465, or stopping by the Service Desk.

For ages 18+

HIT - High Intensity TENNIS

HIT class is perfect for the player who wants to improve their cardiovascular endurance and their tennis game. It's a game and play class designed towards 3.5 players and higher. Our Pro starts with a light warm up and then moderately increases the difficulty. Then its drills, drills, drills. We finish the lesson with some fun games to give you a great workout.

Friday Morning Grind

Join our drop-in tennis class with a variety of tennis games to get you moving, sweating and grinding it out! After our grinding workout join us for coffee and a different kind of grind!

Adult Beginner

If you're new to tennis, or you're coming back after some time off, this adult beginner drop in class gets you back into the swing of things. The lessons are designed to introduce players to the fundamental mechanics of various swings combined with lively fun-play.

Monday Night Cardio Tennis

Where cardio reigns supreme and tennis follows suit! We start with a dynamic warm-up, transition to tennis drills, and then dive into heart-pumping cardio games—all while jamming to music. Designed for all skill levels, it's about building endurance, stamina, and strength on the court, with fun as the main focus.

Mixers

First & Last Wed. of Every Month

***RSVP Required!**

6:00 p.m. - 7:30 p.m.

Ladies, Juniors or Mixed Doubles

Drop in play

Monday, Wednesday, Sunday

12:00 p.m. - 1:30 p.m.

Mixed Doubles

Halloween Social
October 30



SAVE THE DATE!



Thanksgiving Social
November 20

Tennis @ThePC

| | Monday | Tuesday | Wednesday | Thursday |
|--------------------|-----------------------|----------------|----------------|----------|
| Junior Development | 3:00 p.m. - 4:30 p.m. | Challengers | Challengers | |
| | 3:30 p.m. - 5:00 p.m. | | Champs | Champs |
| | 4:30 p.m. - 5:30 p.m. | Mighty Mites | Mighty Mites | |
| | 4:30 p.m. - 6:00 p.m. | Super Juniors | Super Juniors | |
| | 5:30 p.m. - 6:00 p.m. | Little Lobbers | Little Lobbers | |

Junior Development is a paid for program with a monthly cost and RSVP is required. For pricing, please go to www.pacific.clinic/tennis or see the Service Desk.

| | Monday | Tuesday | Wednesday | Thursday |
|---------|-------------------------|---------------------------|----------------------------|--------------------------|
| Leagues | 7:30 a.m. - 9:00 a.m. | | Early Risers-Ladies League | |
| | 9:00 a.m. - 10:30 a.m. | | Ladies (All Levels) | |
| | 10:30 a.m. - 12:00 p.m. | Val Otto Social League | Women's 4.0+ | Vicki Rynd Social League |
| | 4:30 p.m. - 6:00 p.m. | Lea Hawkins Social League | | Ladies (All Levels) |
| | 6:00 p.m. - 7:30 p.m. | Men's (All Levels) | | Ladies (All Levels) |
| | 7:30 p.m. - 9:00 p.m. | Men's (All Levels) | Men's 4.0+ | |

Leagues are included in all Tennis memberships. You must sign up to participate in league. To participate in a league, contact T at 509-783-5465 ext. 219 or t@pacific.clinic

Effective 9/1/2024