



## Tennis & Pickleball Programs/Clinics for Adults Spring / Summer 2024

### SPRING BROOK LADIES SPRING TEAM TENNIS

The 14 week league season starts the third week of April and finishes mid-June.

Spring Brook has four teams that compete in the New Jersey Tennis League. We have bootcamps starting March 25th and our first team practice April 8th.

**Time:** AB Team-8:30am-9:45am

C Team-9:45am-11:00am

D Team-11:00am-12:15pm

**Dates:** April-June Practice Mondays; Matches Tuesdays or Wednesdays

### POINTS –WEEKEND POINT PLAY SESSIONS

Sunday mornings no need to organize a game as one is on tap every week without any planning needed. Sign up for 4 sessions but come to all!

**Dates:** 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

**Time:** 9:00am-10:00am

**Cost** \$180 pay for 4 weeks and come for all 6

**Sign up via E-mail:** [Sderose@springbrookcc.net](mailto:Sderose@springbrookcc.net)

### WEDNESDAY NIGHT PM WOMEN CLINIC and POINT PLAY

Wednesday night classes for working women and/or anyone that wants evening classes to hit a ton of balls and get a great workout with Jeff. Lots of point-play and a great place to meet people to play with socially.

**Dates:** 4/24, 5/1, 5/8, 5/15, 5/22, 5/29

**Time:** 5pm-6pm, 6pm-7pm, 7pm-8pm

**Cost** \$180 pay for 4 weeks and come for all 6

**Sign up via E-mail:** [Sderose@springbrookcc.net](mailto:Sderose@springbrookcc.net)

## CARDIO AND CORE

You don't have to choose between killer abs and a great workout because here you get both. Great mix of shot making, ab work and point play. Jeff returns with his great H.I.I.T workout.

**Dates:** Mid-April to end of May

**Time:** Early morning and evening sessions will be available

**Cost** \$40 session

## THURSDAY MORNING BEGINNER TENNIS CLINICS

Great place to meet players and learn to play socially. 4 week session includes all the shots and strategy. Great way to start the season and be ready to play all summer. 4 week first session: 4/4-4/25

**Time:** 10:30am-11:30am

**Dates:** April 4, 11, 18, 25

**Cost:** \$160 for 4 week session

**Sign-up E-mail:** Sderose@springbrookcc.net

## 3 AND A PRO SPRING TENNIS 4 pack (5th one free)

4 one hour long sessions playing with the pro as your fourth. Playing with the pro is a great tool to speed up the learning curve. The pro can extend rallies and give you reps on playing against stronger players.

**Dates:** March 21st-June 21st

**Time:** Pick any 4 dates, and the 5th one is free.

**Cost** \$180 per player.

**Sign up via E-mail:** Sderose@springbrookcc.net

## PICKLEBALL (OPEN TO MEN AND WOMEN)

### THURSDAY MORNING PICKLE CLINICS (3.0-4.5 level)

Learn the ins and outs of pickleball while playing out endless situations. Learn the skills, play out the situations and take your game to the next level!

**Time:** 8:30am-9:30am

**Dates:** Thursday mornings

**Cost:** \$40 per clinic

### **THURSDAY MORNING BEGINNER PICKLE CLINICS (2.0-3.0)**

Great place to practice all of the skills necessary to play competitive pickleball. Good news is it doesn't take too long to get up to speed. For all players who haven't played a lot or who want to brush up on their skills. Meet new players to play with here as well. Great way to start the season and be ready to play all summer. 4 week first session: 4/4 - 4/25

**Time:** 9:30am-10:30am

**Dates:** April 4, 11, 18, 25

**Cost:** \$160

**Sign up via E-mail:** Sderose@springbrookcc.net

### **SPRING BROOK CO-ED SPRING PICKLE TEAM**

Spring Brook will play four matches against local clubs in the area. We will have a Nighttime Spring Pickle team practice on Monday nights at 6:00pm for the short four week session. Men's-Women's-and Mixed matches available. Team practice is 4/8, 4/15, 4/22, 4/29 and 5/6. Match schedule will be released shortly.

**Time:** 6:00pm

**Cost:** \$150 for 5 week session

**Dates:** April-May Co-ed Practice Monday nights—Match time schedule released shortly

**Sign up via E-mail:** Sderose@springbrookcc.net

### **3 AND A PRO SPRING PICKLE/TENNIS 4 pack (5th one free)**

4 sessions playing with the pro as your fourth. Great way to practice playing against an opponent hitting stronger shots at you. Also great to play alongside the pro to work on positioning.

**Dates:** March 21st-June 21st

**Time:** Pick any 4 dates and the 5th one is free.

**Cost** \$180 per player.

**Sign up via E-mail:** Sderose@springbrookcc.net