



adult tennis

Open Drills & Fitness

Practice Sessions to Work on Strokes, Strategy & Fitness

OPEN DRILL SESSION

Active drill session with focus on hitting a lot of balls and live-ball drills. **Weekly sign-up.**

Times: Wednesday 7:30-9:00pm **Cost:** \$23/member \$28/guest

PRACTICE AND PLAY

Dynamic mix of practicing the main strokes of the game working on consistency, accuracy, movement, and tactics and then playing and implementing what was practiced. **Weekly sign-up.**

Times: Wednesday 12:00-1:30pm **Cost:** \$23/member \$28/guest

LIVE BALL

High Energy Live Ball Drill

Get the level-based, high-intensity drilling and instruction you need to raise your game. **Weekly sign-up.**

Times: Sundays, 10:30am – 12:00pm. **Cost:** \$23 members, \$28 guests

CARDIO TENNIS

Heart-pumping Fitness

Cardio Tennis is 30% drills and 70% game. Players are kept constantly engaged in moving and playing. Participants wear a heart monitor to guarantee they're getting the best workout in their heart rate zone.

Times: Sunday and Monday, 12:00 – 1:00pm. **Cost:** \$119 members, \$139 guests for 8-week session or \$16 members, \$20 guests for individual class

DRILL SESSION POLICIES

- Please call in advance to register for class, so Hillcrest can provide enough instructors.
- If you sign-up you are responsible for coming. Please let Hillcrest know if you have to cancel so others may fill-in your spot.



Like us on Facebook to receive special offers and view student photos

Register online at www.hillcrestracquetclub.com

Register in person at Front Desk or Call **610-779-7900**



4401 Perkiomen Avenue
Reading, PA 19606

610-779-7900