

## TENNIS

### Adult Tennis

#### Cardio Tennis

Meet new people, get a great workout and enjoy playing tennis all in one amazing hour with Cardio Tennis! Whether you are looking to improve your tennis game, or for an alternative to a great workout outside the gym, don't miss this opportunity. You'll complete high-intensity tennis drills followed by a short rest period, maximizing calorie burn. No previous tennis experience is necessary. **Requirement:** bring a tennis racket to class. **W**

CES 9929		\$39	
4 weeks	Thurs	June 20	6:30-7:30 pm
Sec. 928655	Tennis Courts		R. Kynast
4 weeks	Thurs	July 25	6:30-7:30 pm
Sec. 938688	Tennis Courts		R. Kynast

#### Adult Tennis

This instructional tennis class teaches basic technical theory of stroke production, scoring, rules, and basic match play. Expect moderate physical activity designed for all physical abilities. **W**

CES 9914		\$129/Senior Cost \$64.50	
6 weeks	Tues	June 18	7-8:30 pm
Sec. 938677	Tennis Courts		R. Kynast

#### Adult Instructional Tennis

##### League: Level 3.0 +

See the benefits of combining instruction and match play. The first hour, do instructional drilling at a high intensity pace. The second hour, participate in supervised match play for fun and recreation. Enjoy a fun, physical tennis workout. **W**

CES 9860		\$175/Senior Cost \$87.50	
6 weeks	Wed	June 19	7-9 pm
Sec. 938680	Tennis Courts		R. Kynast
6 weeks	Wed	July 31	7-9 pm
Sec. 938682	Tennis Courts		R. Kynast

## ADULT TENNIS LEAGUE

Join the country's largest recreational tennis league! Adults 18 & over play matches against opponents of their skill level in a variety of divisions including singles, doubles, and mixed doubles. Get on the court, meet new people and have a good time, while enjoying the social camaraderie of a team. Matches held May-July on campus and local courts.



For more information email [CEPD@schoolcraft.edu](mailto:CEPD@schoolcraft.edu)

Come to the Tennis Class Open House on Schoolcraft's Main Campus at the Tennis House next to the courts.

Saturday, June 1  
9 am – 12 pm

Meet the instructor, get tennis tips, enjoy some refreshments.

### Youth Tennis

#### Pee Wee Tennis: Ages 4-6

Serve up some fun and introduce your child to the lifetime sport of tennis using the QuickStart Tennis method. QuickStart makes tennis "right sized" for little ones using a smaller court, specialized scoring methods and balls designed for kids. **Requirement:** bring an appropriately sized racquet. For safety purposes, an adult must remain on the premises during class. **W**

CES 9915		\$39	
1 week	MTWR	June 17	1-1:30 pm
Sec. 928654	Tennis Courts		R. Kynast
1 week	MTWR	July 8	1-1:30 pm
Sec. 938681	Tennis Courts		R. Kynast
1 week	MTWR	July 22	1-1:30 pm
Sec. 938683	Tennis Courts		R. Kynast

#### Young Players Tennis

##### Camp: Ages 6-10

Enjoy this up-tempo tennis camp for young players, ages 6-10, of all skill levels. Take part in drills and fun games designed to enhance the learning of developmental skills, rules, etiquette, scoring and tennis strategy. **W**

CES 9820		\$109	
1 week	MTWR	June 17	1:30-3:30 pm
Sec. 928652	Tennis Courts		R. Kynast
1 week	MTWR	July 8	1:30-3:30 pm
Sec. 938678	Tennis Courts		R. Kynast
1 week	MTWR	July 22	1:30-3:30 pm
Sec. 938684	Tennis Courts		R. Kynast

#### Three Week Junior Tennis

##### Camp: Ages 10-17

Enjoy this three week version of the Junior Tennis Camp for ages 10-17. Tennis skills will improve by doing instructional drilling, conditioning, match play and competitive point play. This is the perfect way to hone your skills and prepare for high school play. Players will be evaluated and grouped by age and ability. **W**

CES 9679		\$299	
3 weeks	MTWR	June 17	3:30-6:30 pm
Sec. 928651	Tennis Courts	No class 7/1-7/4	R. Kynast
3 weeks	MTWR	July 15	3:30-6:30 pm
Sec. 938686	Tennis Courts		R. Kynast

#### Junior Tennis Camp: Ages 10-17

Players, ages 10-17, who know the basics of the game, will improve their skills through instructional drilling, conditioning, match play and competitive games. This is the perfect way to hone your skills and prepare for high school play. Players will be evaluated and grouped by age and ability. **W**

CES 9775		\$129	
1 week	MTWR	June 17	3:30-6:30 pm
Sec. 928653	Tennis Courts		R. Kynast
1 week	MTWR	June 24	3:30-6:30 pm
Sec. 928656	Tennis Courts		R. Kynast
1 week	MTWR	July 8	3:30-6:30 pm
Sec. 938676	Tennis Courts		R. Kynast
1 week	MTWR	July 15	3:30-6:30 pm
Sec. 938679	Tennis Courts		R. Kynast
1 week	MTWR	July 22	3:30-6:30 pm
Sec. 938685	Tennis Courts		R. Kynast
1 week	MTWR	July 29	3:30-6:30 pm
Sec. 938687	Tennis Courts		R. Kynast



Junior Tennis Camp