



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Arlington Tennis & Squash Center

Adult Instruction

Private Lessons

Pricing options for private lessons: Full Member Program-member

Private lesson w/Senior Pro for 30 minutes:	\$45	\$50
Private lesson w/Senior Pro for 1 hour:	\$90	\$100
Private lesson w/pro for 30 minutes:	\$40	\$45
Private lessons w/pro for 1 hour:	\$80	\$90
Semi-Private lesson w/Senior Pro for 1 hour:	\$110	\$120
Semi-Private lesson w/pro for 1 hour:	\$100	\$110
Group 1 hr Lesson (3-4 players) w/Senior Pro:	\$35/ea	\$45/ea
Group 1 hr Lesson (3-4 players) w/pro:	\$30/ea	\$35/ea
Flights (2 hrs) :	\$20/ea	\$25/ea

*Non-members pay the program-member rate for lessons. Clinics are reserved for program and full members only.

To schedule a private lesson, please email atctennis@ymcadc.org





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Specialty Clinics

Pricing options:	Full Member	Program-member
Drop in rate:	\$35	\$45
4 weeks:	\$125	\$156

Each clinic is 1.5 hours. The ratio is 6 to 1.

To enroll in a specialty clinic, please visit [EZtoEnroll](#) and select the YMCA Arlington Tennis Center branch and enter keyword "fall" or submit a request at the front desk in-person or by calling (703)522-1700.

*Non-members can only drop in once for \$45. After the first clinic, a membership is required.

Class Description for Adults

Live Ball – This program offers adults intense feeding drills to improve their strokes through lots of repetition and stroke development. It also includes footwork exercises, cardio workout, competitive play, mental toughness, fitness training, tennis tips, games, and live ball play, etc.

Game Day – This program offers adults a 30 minute feeding warm up drills that groove your forehand, backhand, volleys, and overheads. Next you'll launch into challenging games, and lots of faced paced action!

Strategy – This unique program offers adults understand deciding on the best shot selection, court movement with your doubles partner, and anticipation, etc. You don't have to be the fastest player on the court if you know where is going.

Clinic Schedule

Monday:

7:00-8:30 Adult clinic 3.5-4.0 (live ball) - Steve

8:30-10:00 Adult clinic 4.0-5.0 (live ball) - Steve





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Tuesday:

9:30-11:00am Adult clinic 3.0-3.5 (live ball) - Steve
11:00-12:30 Adult clinic 3.5-4.0 (game day) - Steve
12:30-2:00 Adult clinic 2.5-3.0 (live ball) - Steve
7:00-8:30 Adult clinic 3.0-3.5 (live ball) – Steve

Wednesday:

10:00-11:30 Adult clinic 3.0-3.5 (live ball) - Steve
11:30-1:00 Adult clinic 3.5-4.0 (live ball) - Steve

Thursday:

12:00-1:30 Adult clinic 4.0-4.5 (live ball) - Steve
7:00-8:30 Adult clinic 3.5-4.0 (live ball) – Steve

Friday:

10:00-11:30 Adult clinic 3.0-3.5 (game day) - Steve
11:30-1:00 Adult clinic 3.5-4.0 (game day) - Steve

Saturday:

10:00-11:30 Adult clinic 3.5-4.0 (live ball) - Steve
11:30-1:00 Adult clinic 4.0-4.5 (live ball) - Steve

Sunday:

9:00-10:30 Adults 3.0-3.5 (live ball) - Steve
10:30-12:00 Adults 3.5-4.0 (live ball) – Steve





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Adult Instruction

Beginner, Intermediate & Advanced Clinics

Pricing options:	Full Member	Program-member
Drop in rate:	\$35	\$45
4 weeks:	\$125	\$156

Each clinic is 1.5 hours. The ratio is 6 to 1.

To enroll in a clinic, please visit [EZtoEnroll](#) and select the YMCA Arlington Tennis Center branch and enter keyword "fall" or submit a request at the front desk in-person or by calling (703)522-1700.

*Non-members can only drop in once for \$45. After the first clinic, a membership is required.

Clinic Schedule

Monday:

- 9:30-11am (3.0-3.5) - Neal
- 7-8:30p (3.5 Drills) - Enrique
- 7-8:30p (3.0-3.5) - Neal
- 7-8:30p (4.0+) - Albert
- 8:30-10p (4.0+) - Enrique
- 8:30-10p (4.0+) - Albert

Tuesday:

- 10:30-12pm (2.5-3.0) - Scott
- 7-8:30p (3.0-3.5) - Albert
- 7-8:30p (4.0+) - Enrique





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Wednesday:

10-11:30am (3.5) - Debby
10:30-12pm (2.5-3.0) - Scott
11-12:30p (3.5) - Neal
7-8:30p (4.0) - Albert
8:30-10p (4.0+) - Albert

Thursday:

10-11:30am (3.5) - Debby
11-12:30p (3.5) - Neal
6:30-8:00p (3.0-3.5) - Scott
6:30-8p (2.0-2.5) - Neal
7-8:30p (3.5) - Enrique
7-8:30p (4.5) - Albert
8-9:30p (3.5) - Neal
8-9:30p (4.0+) - Solomon
8:30-10p (3.5) - Enrique
8:30-10p (3.5) Neal

Friday:

10:00-11:30 (3.5) - Neal
11-12:30p (3.5) - Debby
7-10p (Mixer) - Enrique





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Saturday:

10-11:30am (3.5) – Enrique
10-11:30am (3.5) – Albert
12-1:30p (3.0-3.5) – Neal
2-3:30p (3.5) – Enrique
2:30-4p (3.5) – Albert
4-5:30pm (3.5) - Albert

Sunday:

10-11:30am (3.5) - Enrique
11:30-1:00p (3.5) – Enrique
12-1:30p (3.0) - Neal
12-1:30p (3.5) – Debby
12:00-1:30p (3.5-4.0) – Albert
1:30-3p (4.0-4.5) – Albert
3-4:30p (3.5-4.0) - Albert
3-5p (Flights) – Debby
6-7:30p (3.0) - Albert

