



Adult Tennis Drills

WEEKLY SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am						Learn & Play
9 am						Intermediate
10 am						Advance
11 am						
12 pm						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm	Learn & Play	High Beginner	Learn & Play	High Beginner	Cardio Tennis	
7 pm	Intermediate	Advance	Intermediate	Elite		
8 pm						
9 pm						

Learn and Play (2.0 and below USTA):

New players, little to no experience. The goal is to develop the fundamentals of tennis.

High Beginner (2.5-3.0 USTA):

Advanced Beginners and intermediate players. Focusing on technique and consistency.

Intermediate (3.0-3.5 USTA):

Graduated from High Beginners. Point play strategy and placement.

Advance (3.5+ USTA): High-level session offered to experienced players. The goal is to improve their skills and meet fellow high-level tennis enthusiasts.

Elite (4.0+ USTA): Highest level class. Must be at least 4.0 rated to join. The focus is on match play strategy and tactics.

Cardio Tennis: Much more movement than a regular session. Running, games, and hitting drills.

[Meet the coaches!](#)

IMPACTACTIVITIES.COM/LBHOUSTON

Sign Up in the Impact Activites TX APP Now!

1 hour class: **\$20 for members** and **\$22 for non-members**

1.5 hour class: **\$23 for members** and **\$25 for non-members**

2 hour class: **\$26 for members** and **\$28 for non-members**

1 Sign up: **30 min** | 2 Sign up: **45 min** | 3+ Sign up: **Full length**

Questions? Contact our front desk at **(972) 654-2844** or lbhouston@impactactivities.com

