



# DENVER RACQUETS CLUB

# ADULT TENNIS DRILLS

## Member Only Drill: Coed

DAY	NTRP	TIME	MEMBER
Monday	3.5+	6:30-8pm	\$38
Tuesday	2.5-3.5	12-1:30pm	\$38
Tuesday	2.5-3.5	6:30-8pm	\$38
Wednesday	4.0+	6-8pm	\$48
Thursday	3.5+	12-1:30pm	\$38
Saturday	3.5+	8-9:30am	\$38
Saturday	3.0-3.5	9:30-11am	\$38
Sunday	3.0-3.5	9-10:30am	\$38
Sunday	4.0+	10:30am-12pm	\$38

**You must play at your published USTA rating for all Drills**

**Member Only Drills (MODs)** are weekly drills exclusively for members and available on a week-to-week sign-up basis.

*Note: Guests may register up to one day in advance if space is available and will be subject to a guest fee.*

## Drill & Play: Coed

DAY	NTRP	TIME	MEMBER	GUEST
Monday	3.5-4.0	9-11am	\$38	\$50
Wednesday	2.5-3.0	8-10pm	\$38	\$50
Thursday	3.0-3.5	9-11am	\$38	\$50
Friday	3.0-3.5	11am-1pm	\$38	\$50
Friday	4.0+	1-3pm	\$38	\$50

With **Drill & Plays** the first half of class is a drill, followed by supervised match play.

Open to both members and guests.

**All Programs Require Advance Registration**

Full Member 14 Days | Partner Member 7 Days | Guests 2 Days

24-Hour Cancellation Required

## Singles Drill: Coed

DAY	NTRP	TIME	MEMBER	GUEST
Tuesday	2.5-3.5/3.5+	5:30-6:30pm	\$30	\$42

The **Singles Drill** is designed to elevate your game with a focus on strategy and court positioning tailored for singles play. Levels alternate each week between 2.5-3.5 and 3.5+. Open to both members and guests.

## Cardio Tennis: Coed

DAY	NTRP	TIME	MEMBER	GUEST
Friday	3.5+	8-9am	\$26	\$38
Saturday	2.5-3.5	11am-12pm	\$26	\$38
Saturday	3.5+	12-1pm	\$26	\$38

**Cardio Tennis** will get your heart rate pumping and burn calories all while improving your game and fitness. Open to members and guests.

## Stroke-of-the-Week: Coed

DAY	NTRP	TIME	MEMBER	GUEST
Monday	All Levels	5:30-6:30pm	\$26	\$38

Come once or join us every week - it's up to you. Each week features a different **Stroke-of-the-Week**. Check out the schedule on our website or social media. Open to both members and guests.

- Backhand Topspin
- Defensive/Offensive Lobs
- Drop Shot
- Forehand Inside In/Out
- Forehand Topspin
- Forehand/Backhand Approach Shots
- Overheads
- Return of Serves
- Slice Backhand
- Slice Forehand
- Spin Serves - Topspin & Slice
- Volleys

## QuickStart - Learn to Play: Coed

DAY	NTRP	DURATION	MEMBER	GUEST
Thursday	Beginner	6 Weeks	\$144	\$144
Saturday	Beginner	6 Weeks	\$144	\$144

Learn to play tennis through our popular **QuickStart** program! Check our website for details and upcoming sessions. Advance registration is required. Open to members and guests.



6305 West 6th Avenue  
Lakewood, CO 80214  
303.232.6272  
info@denverRC.com