

# FrogHollow®

FrogTennis.com

## Adult Program Schedule

### Monday

8:00 - 9:30am	3.0 - 3.5 Clinic
9:30 - 11:00 am	Serve & Return Clinic (Level 3.0 - 3.5)
9:30 - 11:00 am	3.5 - 4.0 Clinic

### Tuesday

9:30 - 11:00am	3.5 - 4.0 Clinic
9:30-11:00am	2.5 - 3.0 Clinic
9:30 -11:00am	CUP 1/USTA 4.0 Team Practice
11:00 - 12:30pm	USTA 3.5/CUP 6 Team Practice
4:00 - 5:30pm	Advanced Beginner

### Wednesday

9:00 - 10:30am	3.0 - 3.5 Clinic
9:30 - 11:00 am	2.5 - 3.0 Clinic
10:30 - Noon	3.0 - 3.5 Clinic
11:00-12:30pm	New Players Clinic
11:00 - 12:30 pm	3.5 - 4.0 Doubles Point Play

### Thursday

9:30 - 11:00 am	Serve & Return Clinic (Level 3.5 - 4.0)
9:30 - 11:00 am	2.5 - 3.0 Clinic
11:00-12:30pm	Dynamic Doubles Clinic (3.5 plus)
11:00 - 12:30pm	USTA 4.5 Team Practice
7:30 - 9:00pm	Live Ball (Level 3.0 - 3.5)
7:30 - 9:00pm	Live Ball (Level 3.5 - 4.0)

### Friday

9:30 - 11:00 am	3.5 - 4.0 Clinic
9:30 - 11:00 am	USTA 3.0 Team Practice

### Saturday

9:00-10:30am	3.0 - 3.5 Clinic
9:00-10:30am	2.5 - 3.0 Clinic
10:30 - Noon	3.0 - 3.5 Clinic

### Sunday

9:00 - 10:30am	Men's Advanced Drill
10:30 - Noon	Live Ball (Level 3.0 plus)
12:00 - 1:30pm	Live Ball (Level 3.0-3.5)

Frog Hollow Racquet Club • 2115 Weber Rd, Lansdale PA • FrogTennis.com • (610) 584-5502

Please note that all adult programs have a player minimum to run as scheduled.