



Adult Tennis Program

Fall 2023 – Summer 2024

*Must be a Valley Tennis Center member to receive member pricing

Cardio Tennis

A high energy fitness activity that combines tennis with cardiovascular exercise delivering the ultimate aerobic workout.

Level	Day	Times	VTC Member Rates	Non-Member Rates
All Levels	Tuesday	9:00am- 10:00am	\$16.00/class	\$26.00/class
All Levels	Tuesday	6:00pm-7:00pm	\$16.00/class	\$26.00/class
All Levels	Fridays	9:00am- 10:00am	\$16.00/class	\$26.00/class
3.5 & Up	Saturday	9:00am- 10:30am	\$24/class	\$34/class

Adult Drills/Lessons

These drills focus on technique, court positioning, and strategy.

Level	Day	Times	VTC Member Rates	Non-Member Rates
3.0 & Up	Mondays	8:45-10:15am	\$24/class*	\$34.00/class
2.5-3.0 (Summers off)	Mondays	1:00-2:30pm	\$24/class	\$34.00/class
*Tennis 101	Tuesdays	7:00pm-8:30pm	\$96/8weeks	\$120/8weeks

* Sessions are 8 weeks. New sessions start Sept 6, Nov 1, Jan 10, Mar 14 & June 6. Sign up at front desk.

Friday Night Social

A coed doubles mixer. Enjoy playing with different tennis partners throughout the night.

Level	Day	Times	VTC Member Rates	Non-Member Rates
*3.0-4.5	Fridays	6-7:30pm;7:30-9pm	\$12.00 per session	\$22.00 per session

RSVP to Ivor Addo's weekly invitational email: idehao@gmail.com

*unlimited court time members are free.

Leagues

Fall Session (Sept. 5-Jan14) Winter/Spring Session (Jan 15-May 19) \$15 per session plus court time.

Level	Day	Times
Men's 4.5/5.0 Singles	Monday	4:15-5:45pm/5:45-7:15pm/7:15pm-8:45pm
Coed 4.0/4.5 Doubles	Monday	7:15-8:45pm
Ladies' 4.0 Doubles	Tuesday	6:00-7:30pm
Coed 3.5-4.0 Singles	Tuesday	7:30-9:00pm
Coed 3.0 Doubles	Wednesday	5:30-7:00pm
Coed 3.5 Doubles	Wednesday	7:00-8:30pm
Coed 3.0 Doubles	Thursday	9:00-10:30am
Coed 4.0/4.5 Singles	Thursday	6:00-7:30pm
Men's 4.5-5.0 Doubles	Thursday	7:30-9:00pm

Contact Scott Meixl at smeixl@ymcafoxcities.org to sign up or for information.

Bracket Challenge

Match play for all levels. Pool play followed by a tournament draw

\$15 to join each session and just pay court time when you play. (Unlimited tennis eligible for court time)

Contact Scott Meixl to sign up. smeixl@ymcafoxcities.org

Racquetball Leagues

All racquetball leagues at the Appleton YMCA – Contact Trey Davis for more info @ tdavis@ymcafoxcities.org

Ogden YMCA & Valley Tennis Center

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