Adult Tennis

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The Holland Recreation Division continues to offer excellent adult tennis instruction at three levels: Beginner, Intermediate, and Drills and Skills for the Advanced Player.

All Adult Tennis Lessons and Programs will be held at Holland East School Tennis Courts, 373 E. 24th St. on Monday, June 9th & Tuesday, June 10th due to court resurfacing at Moran Tennis Courts.

Adult Tennis Lessons are for adults 18 years of age or older. A minimum of six participants per class is required. The Adult Tennis Program is a 7-week program. No classes will be held June 30 - July 4. There will be no make-up dates for cancellations due to weather.

Fee: $45 Resident • $60 Non-Resident
(No on-site registration will be accepted)
Time: 5:30pm - 6:45pm
Location: Moran Tennis Courts
Registration Deadline: June 1 (Online) • June 2 (Office)

Beginner
A great introductory class that focuses on teaching tennis fundamentals and technique.

Dates: Mondays, June 9, 16, 23
Mondays, July 7, 14, 21, 28
Code: 120401-M1

Intermediate
This class is for participants with some prior tennis experience. Fundamentals and technique will be covered, but the focus will be on cooperative and competitive play.

Dates: Tuesdays, June 10, 17, 24
Tuesdays, July 8, 15, 22, 29
Code: 120402-T1

Tulip City Open Adult Tennis Tournament

Dates: Friday, July 25 and Saturday, July 26
Location: Holland High School
The annual Tulip City Open Adult Tennis Tournament is a fundraiser for the Holland Tennis Patrons Association. All proceeds will serve in promoting the game of tennis for Holland area youth. Registration forms are available at the Moran Park Clubhouse, on the Holland Junior Tennis/Holland Tennis Patrons Association Facebook page (www.bitly.com/LL9Dj5) or via e-mail request. Registration begins Monday, July 7. Sponsors are welcome. For more details, call 616.355.1056 or email hollandjrtennis@gmail.com.

Cardio Tennis Program

The Cardio Tennis Program offers a fun, tennis-focused workout with a variety of high-energy drills, all set to music. The program is designed for intermediate players and above. All sessions take place at Moran Park. No classes will be held the week of June 30 - July 4.

You can also drop-in anytime within the 7-week cardio session on a Monday or Tuesday from 7pm - 8pm. The fee for drop-in classes is $10 per class. Cash or check only.

Option #1
Dates: Mondays, June 9, 16, 23
Mondays, July 7, 14, 21, 28
Time: 7pm - 8pm
Fee: $45 Resident • $60 Non-Resident
Code: 120410-S1
Registration Deadline: June 1 (Online) • June 2 (Office)

Option #2
Dates: Tuesdays, June 10, 17, 24
Tuesdays, July 8, 15, 22, 29
Time: 7pm - 8pm
Fee: $45 Resident • $60 Non-Resident
Code: 120410-S2
Registration Deadline: June 1 (Online) • June 2 (Office)

Option #3 Unlimited Cardio Tennis
Dates: Mondays, June 9, 16, 23
Mondays, July 7, 14, 21, 28
Tuesdays, June 10, 17, 24
Tuesdays, July 8, 15, 22, 29
Times: See above for Monday and Tuesday times.
Fee: $80 Resident • $110 Non-Resident
Code: 120410-S3
Registration Deadline: June 1 (Online) • June 2 (Office)

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