

ADULT TENNIS

SEPTEMBER 2, 2024 - JUNE 15, 2025

Court One offers a wide range of tennis programming for adults. If you are a travel team player or just looking for the occasional hit, we have a group to fit your skill and lifestyle.



Payment is due at the time of attendance.

Check ahead to verify if classes are running during holidays.

For additional information, or specific needs, please contact: Justin Sabourin (517) 908-3245 or Sabourin.justin@courtone.com

For all drop-in classes: There MUST be at least 4 PARTICIPANTS signed up by 6:00 pm the night before the class. Otherwise, the class for that week WILL BE CANCELLED.

Times and pricing are subject to change.

All pricing is per day

START / RESTART

Beginner - Intermediate

For the beginning or returning player. Develop consistency and control while learning singles and doubles strategies.



Location	Day	Time	Member	Guest
North	Thu	11:00a - 12:30p	\$20	\$24
East	Tue	11:00a - 12:00p	\$13	\$16
East	Thu	11:00a - 12:00p	\$13	\$16

PRACTICE AND PLAY

Intermediate - Advanced

A perfect way to get active! We invite members to join us in a fast-paced tennis workout. Learn to compete with advanced technical instruction, strategy, and more. This is a perfect way to meet new players and get in the Game!



Location (Level)	Day	Time	Member	Guest
East (2.0 - 2.5 Mixed)	Fri	9:30a - 10:30a	\$15	\$18
East (3.0 - 5.0 Mixed)	Sat	9:30a - 11:00a	\$18	\$24

TRAVEL TEAM DRILL

Intermediate - Advanced

By popular demand.... we offer additional travel teams drills for league team members who desire more than a once a week team practice. This is a great place to develop new skills to advance your game. Non-travel team players are welcome as well. (Be mindful of your level; teaching professional approval is required.)

Location (Level)	Day	Time	Member	Guest
East (3.0 / 3.5)	Thu	9:00a - 10:30a	\$18	\$24
East (3.0 / 3.5)	Fri	10:30a - 12:00p	\$18	\$24

TRAVEL TEAM PRACTICES

Intermediate - Advanced

USTA League tennis is organized, competitive team play for men and women age 18 and older. All ages and abilities are welcome. While we seek to add new teams, individual practices are limited to team



Location (Level)	Day	Time	Plus	Member
East (3.0 / 3.5 Women)	Tue	10:00a - 12:00p	\$20	\$24
East (4.0 Women)	Mon	7:30 - 9:00p	\$20	\$25

MIXED DOUBLES NIGHT with Susan Barry

Beginner - Advanced

October 6, 2024 - May 18, 2025

Play doubles in a fun, relaxed environment. Improve your game by playing with a wide variety of styles and levels of play.

Just play — no instruction provided

Location (Level)	Day	Time	Member	Guest
East (3.0 - 4.5 Mixed)	Sun	6:00 - 8:00p	\$14	\$16



Like us on Facebook



CourtOneTennis

www.courtone.com

Court One East · 2291 Research Cir · Okemos, MI 48864 · (517) 349-1199
 Court One North · 1609 Lake Lansing Rd · Lansing, MI 48912 · (517) 372-9531