



ADULT RACQUETS SCHEDULE

October 1, 2024 - April 30, 2025

TENNIS

Cardio

Get ready to sweat, smile, and shape up with our Cardio Tennis Fitness Clinic! Enjoy a dynamic fusion of tennis drills and cardiovascular conditioning that will leave you feeling energized, empowered, and ready to conquer the court. Each session is carefully crafted to deliver a full-body workout that targets every muscle group while keeping your heart rate pumping.

Mondays
8:00-9:00am | All Levels
Members: \$28 Guests: \$33

Drills

This clinic is designed for any adult tennis player. We will take you through all different strokes in the game of tennis. Focus will be on technique and fun!

Daily
9:00-10:00am | All Levels
Members: \$28 Guests: \$33

Points!

This clinic will be lots of fun games and playing points. You will have the chance to work on your doubles game. Minimum 3.0 level required.

Daily
10:00-11:00am | 3.0+
Members: \$28 Guests: \$33

PICKLEBALL

Beginner Pickleball (101)

Designed for beginner adults, Beginner Pickleball is a class that will provide you with the basic skills and knowledge to move forward with confidence in this rapidly growing sport! This is a great opportunity for those who have never played pickleball before and are looking for a clear path to begin their journey.

Tuesdays & Thursdays
9:00-10:00am | Beginner
Members: \$18 Guests: \$21

Intermediate Pickleball (201)

Take the next step in your journey with Pickleball 201! Designed for recent 101 graduates or players looking to brush up on the fundamentals, Pickleball 201 further develops your dink, volley, serve, strategy, and point play.

Mondays & Wednesdays
9:00-10:00am | Intermediate
Members: \$18 Guests: \$21

New! 3 AND ME PRIVATE CLINIC

3 and Me is a custom 1-hour clinic for tennis and pickleball players that want to set up their own private clinic with friends. It must be 3 players. 3 and Me gives you the ability to do your own private clinic with friends. Please contact Vicente Ferrer at v.ferrer@cliffdrysdale.com.

Members: \$30 Guests: \$35

Register on the App:

For more information contact:
Director of Racquets, Bruce Reed
BReed@cliffdrysdale.com
760-862-4531



OMNI
RANCHO
LAS PALMAS