HEALTH + WELLNESS. TENNIS

ADULT CLASSES

CO-ED FRIDAY DRILL AND PLAY

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players. Must call the Oshkosh YMCA Tennis Center to register each week.

FRIDAY 9:00-10:30 a.m.

FEE \$16 OYM • \$18 TCM • \$24 AM

ADULT LEAGUE PLAY

Leagues are held every day at a variety of times for all ability levels. All members are eligible for league play. Please inquire at Front Desk regarding league options.

SESSION 1September 8-December 20SESSION 2January 4-May 21

No league make-up dates will be allowed.

SUBBING FREE to all Oshkosh Y Members and Tennis Center Members currently enrolled in leagues or lessons. There is a \$5 subbing fee for those members not enrolled and a \$10 guest fee for Activity Members

CARDIO TENNIS

An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Must call ahead for all Cardio classes to register, 920–236– 3400

MONDAY 10:30-12:00 p.m. Intensity Level: Moderate to High WEDNESDAY 10:30-11:30 a.m. Intensity Level: Moderate AND 7:00-8:00 p.m. Intensity Level: Moderate to High SATURDAY Time TBA. Intensity Level: High FEE 1 hour cardio: \$10 OYM • \$12 TCM • \$18 AM 1.5 hour cardio: \$15 OYM • \$18 TCM • \$27 AM

Private Pickleball Courts can be rented. Normal hourly court rates and guest fees apply. Call the Tennis Center for additional information.

Pickleball Drill and Play Beginner-Intermediate levels Begins September 10

THURSDAY 10:00-11:30 a.m.

FEE \$10 Oshkosh Y Member \$15 TC Member \$18 Activity Member

PICKLEBALL LEAGUES AT THE Y TENNIS CENTER

September 22–December 15

A great way to meet new people and play competitively each day! Call or email Sheila for additional information and to sign up!

Beginner Pickleball League TUESDAY 1:00-3:00 p.m.

Fee \$10 League Fee + \$4 OYM/TCM Daily Fee | \$6 AM Daily Fee Savings Punch cards will be available for Members.

Intermediate Pickleball League

Levels: Intermediate 1 and Intermediate 2 **TUESDAY** 10:45-12:45 p.m.

Advanced Pickleball League

Must be level approved to participate. Email Sheila for details.

THURSDAY 12:00-3:00 p.m.

OPEN PICKLEBALL HOURS Must have a reservation for open pickleball times.

MONDAY 6:30-9:00 a.m. • Advanced (4.0 level) Must be level approved.

SUNDAY 8:00–10:00 a.m. • Open– two courts advance /2 courts intermediate

FEE \$4 Oshkosh Y Member/Tennis Center Member • \$6 Activity Member

Savings punch cards will be available for Y Members/Tennis Center Members

Beginner Pickleball Clinics

Pickleball is a fun, easy game to learn. It provides an opportunity to socialize and meet other people while giving yourself a great work-out. Class will cover rules, basic strategies and an opportunity to play and learn! If you have a group and would like to set up a private time please contact Sheila Counts, Director.

SESSION 1 September 8-September 29 SESSION 2 October 6-October 26 SESSION 3 November 2-23

MONDAY 10:30 a.m.-12:00 p.m. TUESDAY 6:00-7:30 p.m. FEE \$50 OYM/TCM \$65 Activity Member

Friday Night Pickleball

Come enjoy Friday night Pickleball fun starting at 5:45 p.m. Intermediate through advance level courts. Will begin Friday, September 25. Watch our website and your email for reservation/registration details.

FRIDAY Starting at 5:45 p.m. FEE \$4 OYM/TCM \$6 AM Savings punch cards will be available for Y Members/Tennis Center Members