

Seasonal Racquet Sports Programs and Instruction

PERSONALIZED TENNIS AND PICKLEBALL INSTRUCTION

	60-Minute	90-Minute	30-Minute
Private / Individual	\$90	\$130	\$50
Semi-Private	\$50	\$75	\$30
Group of 3+ <small>Price is per person</small>	\$40	\$50	
Stringing Service	\$20		

WINTER 2026 SEASONAL SPORTS PROGRAMS

Monday

Introductory Pickleball Drills **12:00 PM - 1:00 PM**

Tuesday

Tennis Match Play Drills **11:00 AM - 12:30 PM**

Wednesday

Off Court Training-Core & Upper Body **11:00 AM - 12:00 PM**

Thursday

Tennis Theme of The Week/ Drills **11:00 AM - 12:00 PM**

Friday

Advanced Pickleball Drills **11:00 AM - 12:00 PM**

Off Court Training-Legs & Lower Body **12:00 PM - 1:00 PM**

Saturday

Cardio Tennis/ Active Drills **11:00 AM - 12:00 PM**

CLUB AT KINGSMILL MEMBERS RECEIVE 20% DISCOUNT ON ALL LISTED PRICING

Program Rates:
Per person

60-Min Classes - \$30pp

90-Min Classes - \$40pp

**ADVANCE REGISTRATION IS REQUESTED FOR ALL
CLASSES AND LESSONS.**

**Contact our Racquet Sports Shop for more information or
to register at (757) 253-3945.**