

# 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+	\$40	\$50	
Price is per person			
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**.