

# FLEXIBLE TENNIS PROGRAMMING

**Get More Playing Time!** Flexible Tennis Programming is designed to get you playing more! We have a variety of weekly offerings to choose from including instructional, social, and competitive. Compliment your tennis routine with these programs and play times. Check the MyLSF App - Programs - Tennis for weekly playing opportunities.

## Player Connect

Get connected to other players at your level! Your name will be added to a continually growing list of similar level players who are open and interested in playing. You are free to contact anyone else of similar level. And you can reserve a court on your own or choose to use designated courts the club sets aside for this program.

**No charge**

## Early Bird Matchplay

This flexible singles league is organized for competition-minded 3.5-4.0 co-ed singles players. And early-bird means matches are played between 6-9am weekdays. Once signed up you let the organizer know each week whether you're available to play and matches are setup accordingly.

**\$30/session**

## Flex Cardio Tennis

Get a high energy, tennis focused workout! Cardio Tennis incorporates feeding drills, drill games, and other energy-infused activities providing players an effective way to achieve heart health & fitness at any level of play.

**\$33/hour, \$49.50/1.5 hours, \$66/2 hours**

## Tennis Clinics

Clinics focus an entire lesson on specific topics allowing you a chance to hone skills on certain aspects of the game. Clinics include, stroke development, serve improvement, volley technique, match play and more!

**\$33/hour, \$49.50/1.5 hours, \$66/2 hours**

## Flex League

Flex League is a club facilitated competitive match play program. The league offers the flexibility of scheduling matches at your convenience and is a great way to work on your singles game and meet other players at LSF. Players contact info and weekly matchups will be created and sent out allowing players to schedule each match. Prizes are awarded to the top 3 in each level. Available for levels 2.6-3.0, 3.1-3.5, 3.6-4.0 or 4.1-4.5

**\$299/session**

## Friday Night Lights Social Tennis Mixer

A great way to kick-start your weekend with some friendly, social match play. 2 hours of co-ed doubles play from 7-9pm followed by pizza, beer and wine in the restaurant. Open to 2.6-4.0+ level players.

**\$45 weekly**

## Sunday Night Doubles Competitive Mixer

Looking for some strong double's competition? Check out the Sunday Night Mixer from 5-7pm for 4.0+ competitive match play!

**\$35 weekly**

To enroll, please register at [MyLSF.net](http://MyLSF.net) or via the MyLSF App

**For more information contact:  
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