

ALL AGES

Adult Programs

Cardio Tennis (18+)

A great way to get the blood pumping! An aerobic workout on the tennis court, complete with basic tennis skills, and medium to high impact cardio training.

Wednesdays • 6-7pm or
Fridays • 9-10am

June 13–August 17 (9 weeks; no class 7/4 & 7/6)

M/\$171 B/\$135 NM/\$225



Men's Drill (18+)

Open to 3.0– 4.0 USTA A drill and play session with the Pro. Emphasis on point play, drills, and match strategies.

Wednesdays • 6-7pm

June 13–August 15 (9 weeks; no class 7/4)

M/\$171 B/\$135 NM/\$225

Private/Semi-Private Lessons

With the LJCC Tennis Director:

½ hr	Private	M/\$35	NM/\$44
1 hr	Private	M/\$57	NM/\$66
1 hr	Semi-private (2)	M/\$36	NM/\$45
1 hr	Semi-private (3)	M/\$27	NM/\$36
1 hr	Semi-private (4)	M/\$23	NM/\$32

With the Assistant Director/Professional:

½ hr	Private	M/\$33	NM/\$41
1 hr	Private	M/\$54	NM/\$62
1 hr	Semi-private (2)	M/\$34	NM/\$42
1 hr	Semi-private (3)	M/\$26	NM/\$34
1 hr	Semi-private (4)	M/\$22	NM/\$30

Special Packages Available

LJCC Tennis
Department
704-944-6748

Director: Gregory O'Connor
gregory.oconnor@charlottejcc.org

Assistant Director: Bob Allensworth
bob.allensworth@charlottejcc.org

SUMMER TENNIS CAMPS

Weekly Sessions

Full Day Option: 9am-4pm

Per week: M/\$295 NM/\$345

Half Day Option: 9am-1pm

Per week: M/\$200 NM/\$255

Per Day Available:

(Email Greg O'Connor to register)

M/NM \$80 per day

Week 1: June 11–15

Week 2: June 18–22

Week 3: June 25–29

Week 4: July 2–6 (No camp 7/4)

Week 5: July 9–13

Week 6: July 16–20

Week 7: July 23–27

Week 8: July 30–August 3

Week 9: August 6–10

Week 10: August 13–17 (Full-day only, 16 max)



Junior CRUSH Tennis Camp – Ages 6-11

An enjoyable introduction to tennis, focusing on fundamentals and tennis basics.

8:55-9:05 am	Arrival & pick-up by mailboxes
9:05-9:55am	Conditioning / Alternative Sports
10am-12:15pm	On court drills/tennis skills
12:20-1:45 pm	Pool/Lunch (half-day departs 1pm)
1:55-3:50 pm	On court games, matches, point play
3:55-4:05 pm	Pick-up at mailboxes

Teen CRUSH Tennis Camp – Ages 12-16

Focus on stroke production, conditioning, rally skills, and match play.

8:55-9:05 am	Arrival & pick-up by mailboxes
9:05-9:55 am	On court conditioning, cardio tennis drills, sport specific training
10am-12:15pm	On court drills/hitting
12:20-1:45 pm	Pool/Lunch (half-day departs 1pm)
1:55-3:50 pm	On court games, matches, point play
3:55-4:05 pm	Pick-up at mailboxes