

TENNIS & PICKLEBALL

PROGRAM SCHEDULE



 **Greg O'Connor**
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Preschool Tennis

3-5 year olds

Fall/Winter/Spring

- A) Mondays, 1:15-2:00pm
- B) Tuesdays, 1:15-2:00pm
- C) Wednesdays, 1:15-2:00pm
- D) Thursdays, 1:15-2:00pm

Little CRUSHers

5-7 year olds

Fall/Winter/Spring

- A) Mondays, 3:30-4:15pm
- B) Mondays, 4:15-5pm
- C) Tuesdays, 3:30-4:15pm
- D) Tuesdays, 4:15-5pm
- E) Wednesdays, 3:30-4:15pm
- F) Wednesdays, 4:15-5pm
- G) Thursdays, 3:30-4:15pm
- H) Thursdays, 4:15-5pm
- I) Saturday, 2-2:45pm
- J) Sundays, 10-10:45am

Pre-team CRUSH

8-11 year olds

Fall/Winter/Spring

- A) Mondays, 4-5pm
- B) Tuesdays, 4-5pm
- C) Wednesdays, 4-5pm
- D) Thursdays, 4-5pm
- E) Saturday, 1-2pm
- F) Sundays, 9-10am

Junior CRUSH Tennis Academy

9-18 year olds

Required for all Junior CRUSH players. Players must be approved by tennis staff to enroll.

Fall/Winter/Spring

Mon/Tue/Wed, 5-6:30pm

Teen Beginner CRUSH

13-18 year olds

Fall/Winter/Spring

Sundays, 11:45am-12:45pm.

Junior CRUSH Team Tennis

9-18 year olds

Team matches played on Sunday afternoons between 1-4pm based on age. All teams require players to be members of the USTA. All players must be approved by tennis staff and attend a minimum of 1 Academy class per week to be eligible. **Fall & Spring.**

Adult Beginner/Intermediate

18+ (New Players-2.5 USTA rated)

Fall/Winter/Spring

- A) Tuesdays, 6:30-7:30pm (Beginner)
- B) Fridays, 9-10am (Beginner/Interm.)
- C) Sundays, 10:45-11:45am (Beginner)

J CRUSH Cardio

18+ An aerobic workout on the tennis court. **Fall/Winter/Spring** on Fridays, 10-11am (9-10am in **Summer**)

Queen City Ladies Team Practice

18+ For all players involved in Queen City. Dates and times vary per team. Players must be approved by staff. Offered during **Fall & Spring.**

Go to CHARLOTTEJCC.ORG
for Info & Pricing on Classes and
Private & Semi-Private
Tennis Lessons

Ladies' Intermediate/Advanced Drill

18+ (Open to USTA 3.5+)

A drill and play session with the Pro. **Fall/Winter/Spring**
Thursdays, 6:30-7:30pm

Men's Drill

18+ (3.0-4.0 USTA rated)

A drill and play session with the Pro. **Fall/Winter/Spring**
Wednesdays, 6:30-7:30pm

In House Adult Doubles League

18+ (3.0-4.0 USTA rated)

A drill and play session with the Pro. **Offered Year Round.** Email Coach Greg to register.

"Looking for games" Database

18+ • Year Round • Free

An email database designed to help people find singles, doubles, and/or mixed doubles matches. Please contact the tennis department if you wish to be included in the database.

**In case of inclement weather, classes will be held inside BASED UPON GYM AVAILABILITY.*

J PICKLEBALL

Adult Pickleball 101

We will cover equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and the volley.

Fall 2025 Tuesdays, 6-7pm

Adult Pickleball 201

Focus on the strategies of singles and doubles play. Includes introduction to serving long and short, forehand smashes, drop shots, angle play, and doubles formations.

Fall 2025 Tuesdays, 7-8pm

Junior Pickleball

The class will cover equipment, unique lingo, score keeping, court position, the fundamentals of the serve, return of serve, and the volley.

Fall 2025 Tuesdays, 4:30-5:30pm

Indoor Pickleball OPEN PLAY

Mon-Fri: 9-11:30am
Mon PM: 5:30-7:30pm

Outdoor Pickleball OPEN PLAY

Beginner: M/W/F 8-11am Court 1
Intermediate: M/W/F 8-11am Court 2
Advanced: M/W/F 8-11am Courts 4,5
All Levels: Tu/Thu 8-11am, 6-8pm
Courts 1,2,5