

# MANHATTAN PLAZA RACQUET CLUB - SPRING '26

## ADULT GPOUP LEARNING PROGRAMS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Advanced Power Play 4.0+ (Invitation Only) 7 - 8:30AM		Low Impact Drill & Play 2.0 - 3.0 (90 Minutes) 11AM - 12:30PM	Drill & Play Premium 3.0+ (120 Minutes) 9 - 11AM		Drill & Play Premium 2.0+ (90 Minutes) 10:30AM - 12PM	Drill & Play Premium 3.0+ (90 Minutes) 9 - 10:30AM
Drill & Play Premium 2.0+ (90 Minutes) 10:30AM - 12PM	Drill & Play Premium 3.5 (120 Minutes) 10:30AM - 12:30PM	Drill & Play Premium 3.0 (90 Minutes) 12:30 - 2PM	Drill & Play Premium 2.5+ (120 Minutes) 12 - 2PM		Drill & Play Premium 3.5 (90 Minutes) 12 - 1:30PM	Drill & Play Premium 3.0 (90 Minutes) 10:30AM - 12PM
Drill & Play Premium 3.0 (90 Minutes) 12 - 1:30PM	Drill & Play Premium 3.0 (90 Minutes) 12:30 - 2PM	Drill & Play Cardio 2.5 - 3.5 (90 Minutes) 2 - 3:30PM multi-court	105 Clinic 3.0+ (120 Minutes) 2 - 3:30PM multi-court		Low Impact Drill & Play 2.0 - 3.0 (90 Minutes) 1:30 - 3PM	Drill & Play Premium 4.0 (90 Minutes) 12 - 1:30PM
					Drill & Play Premium 3.5 (90 Minutes) 3 - 4:30PM	Drill & Play Premium 2.5+ (90 Minutes) 2:30 - 4PM
					Drill & Play Series 2.5-3.0 (90 Minutes) 4:30 - 6PM multi-court	Drill & Play Premium 3.5 (90 Minutes) 4 - 5:30PM
Drill & Play Premium 3.0+ (90 Minutes) 6 - 7:30PM				Friday Night Special 3.0 - 4.0 (90 Minutes) 6 - 7:30PM multi-court	1.5-2.0 Adult QuickStart (90 Minutes) 6 - 7:30PM multi-court	Singles League 3.5 - 4.5 (90 Minutes) 5:30 - 10PM multi-court
Drill & Play Premium 3.0 - 3.5 (90 Minutes) 7:30PM - 9PM	Drill & Play Premium 3.5 - 4.0 (90 Minutes) 7:30PM - 9PM	Drill & Play Premium 3.0+ (90 Minutes) 7:30PM - 9PM	Drill & Play Premium 3.0+ (90 Minutes) 7:30PM - 9PM	Friday Night Special 3.5 - 4.5 (90 Minutes) 7:30PM - 9PM multi-court	1.0 Adult QuickStart (90 Minutes) 7:30 - 9PM multi-court	
1.5 - 2.0 Adult QuickStart (90 Minutes) 8:30PM - 10PM	1.0 Adult QuickStart (90 Minutes) 8 - 9:30PM	2.0 - 2.5 Adult QuickStart (90 Minutes) 8:30 - 10PM	2.5-3.5 Night Owl (90 Minutes) 9 - 10:30PM multi-court	Tennis Social (120 Minutes) 9 - 11PM Alternate Fridays	LIVEBALL 3.5 - 4.5 (90 Minutes) 7:30 - 9PM multi-court	
	2.5 - 3.5 Night Owl (90 Minutes) 9:30 - 11PM multi-court				Saturday Mixer 3.0+ (90 Minutes) 9 - 10:30PM	

## ADULT GPOUP LEARNING PROGRAMS OVERVIEW & PRICING

### DRILL & PLAY PREMIUM (4:1)

LEVEL: 2.5 - 3.5+ | 90 MINUTES

MEMBER PRICE: \$110 | NON-MEMBER PRICE: \$190

Semi-private group training with 4 players per court. Combines technical instruction, structured drills, and competitive point play with feedback.

### DRILL & PLAY CARDIO (6:1)

LEVEL: 2.5 - 3.5 | 90 MINUTES

MEMBER PRICE: \$90 | NON-MEMBER PRICE: \$150

High-energy cardio tennis emphasizing movement, live-ball drills, continuous play, and fast-paced point scenarios.

### DRILL & PLAY PREMIUM - EXTENDED

LEVEL: 2.5 - 3.5+ | 120 MINUTES

MEMBER PRICE: \$150 | NON-MEMBER PRICE: \$250

Two-hour immersive training with deeper technical development, more repetitions, and extended singles & doubles point play.

### FRIDAY NIGHT SPECIAL DRILL & PLAY

LEVEL: 3.0 - 4.5 | 90 MINUTES

MEMBER PRICE: \$95 | NON-MEMBER PRICE: \$130

Competitive match-play session focused on live points, tactical awareness, shot selection, and decision-making.

### ADULT QUICKSTART BEGINNER LEARNING

LEVEL: 1.0 - 2.5 | 6 - WEEK SERIES

MEMBER PRICE: \$450 | NON-MEMBER PRICE: \$450

A program designed for new players and those progressing through Levels 1.0, 1.5, 2.0, and 2.5. This series focuses on building a foundation through technical development, movement, and proper court positioning.

### ADVANCED POWER PLAY - INVITE ONLY

LEVEL: 4.0+ | 90 MINUTES

MEMBER PRICE: \$85 | NON-MEMBER PRICE: \$130

High-intensity doubles training with advanced players featuring dynamic drills, live-ball games, and tactical coaching.

### 105 CLINIC

LEVEL: 3.0+ | 90 MINUTES

MEMBER PRICE: \$90 | NON-MEMBER PRICE: \$150

Fast-paced doubles game rewarding aggressive play with unique scoring for groundstrokes, volleys, and overheads.

### DRILL & PLAY CARDIO SERIES

LEVEL: 2.5 - 3.0 | 6 - WEEK SERIES

MEMBER PRICE: \$450 | NON-MEMBER PRICE: \$450

Six-week cardio-driven training series with continuous movement, live-ball drills, and tactical point play.

### NIGHT OWL TENNIS SERIES

LEVEL: 2.5 - 4.0 | 6 - WEEK SERIES

MEMBER PRICE: \$480 | NON-MEMBER PRICE: \$480

Small-group evening training with 4:1 player-to-pro ratio focusing on technical development and match play tactics.

### SATURDAY NIGHT MIXER

LEVEL: 3.0 - 4.0 | 90 MINUTES

MEMBER PRICE: \$70 | NON-MEMBER PRICE: \$80

Saturday Doubles Mixer is a structured doubles match-play session for 3.0+ players who are comfortable serving

### LOW IMPACT GROUP CLASSES

LEVEL: 2.0 - 3.0 | 90 MINUTES

MEMBER PRICE: \$110 | NON-MEMBER PRICE: \$190

Gentle Drill & Play designed for players with limited movement due to injury, recovery, or mobility restrictions.

### SINGLES LEAGUE

LEVEL: 3.5+ - 5.0 | 90 MINUTES

MEMBER PRICE: \$83 | NON-MEMBER PRICE: \$124

Match Play is a Sunday singles league for 3.5+ players who are comfortable serving and competing in full matches. Players are organized into structured match play against others of similar level in a competitive environment.

### TENNIS SOCIAL

LEVEL: 3.0 - 4.5 | 120 MINUTES

MEMBER PRICE: \$70 | NON-MEMBER PRICE: \$85

Social doubles and singles play rotations for players 3.0+ who are comfortable serving. A social atmosphere with music and beverages!

### LVBL (LIVEBALL)

LEVEL: 3.0 - 4.5+ | 90 MINUTES

MEMBER PRICE: \$80 | NON-MEMBER PRICE: \$80

Fast-paced, doubles-style games for 3.0+ players with 6 to 9 players per court. Continuous live-ball, king-and-queen-of-the-court-style play.