

# FrogHollow

FrogTennis.com

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## Adult Program Schedule • Spring 2026

### Monday

8:00 - 9:30 am	2.5 - 3.0 Clinic
8:00 - 9:30 am	3.0 - 3.5 Clinic
9:30 - 11:00am	High Rep Tennis (level 2.5+)
9:30 - 11:00 am	3.5 - 4.0 Clinic
11:00 - 12:30 pm	3.0 - 3.5 Clinic (starts 3/23)
1:00 - 2:30 pm	Co-ed Advanced Drill (level 4.0+)
2:00 - 3:30 pm	Cardio Tennis Extreme
6:30 - 8:00 pm	3.5 - 4.0 Clinic
8:00 - 9:30pm	Co-ed Advanced Drill (level 4.0+)

### Tuesday

8:00 - 9:30 am	USTA Team Pracctice (level 3.5 - 4.0 • outside only) Starts 4/21
9:30 - 11:00 am	2.5 - 3.0 Clinic
9:30 - 11:00 am	High Rep Tennis (level 3.5+)
11:00 - 12:30 pm	Serve and Return (level 3.0 -3.5)
7:30 - 9:00 pm	3.0 - 3.5 Clinic

### Wednesday

9:00 - 10:30 am	3.0 - 3.5 Clinic
9:30-11:00am	3.5 - 4.0 Clinic
10:30 - Noon	3.0 - 3.5 Clinic
11:00 - 12:30 pm	2.5 - 3.0 Clinic
Noon -1:30 pm	New Players Clinic
Noon - 1:30 pm	Co-ed Advanced Drill (level 4.0+)
Noon - 1:30 pm	Situational Scernerios Tennis Clinic
7:30 - 9:00 pm	2.5 - 3.0 Clinic

### Thursday

9:30 - 11:00 am	Serve and Return Clinic (level 2.5 - 3.0)
11:00 - 12:30 pm	3.0 - 3.5 Clinic
12:30 - 2:00 pm	Co-ed Advanced Drill (level 4.0+)
2:00 - 3:30 pm	3.0 - 3.5 Clinic
7:00 - 8:30 pm	Live Ball Drill (level 3.0 +)

Over for more [➡](#)

## Friday

8:00 - 9:30 am	High Rep Tennis (level 2.5+)
9:30 - 11:00 am	3.5 - 4.0 Clinic
11:00 - 12:30 pm	3.0 - 3.5 Clinic
2:00 - 3:30pm	3.0 - 3.5 Clinic (Technical Clinic)

## Saturday

9:00 - 10:30 am	2.5 - 3.0 Clinic
9:00 - 10:30 am	3.0 - 3.5 Clinic
10:30 - Noon	3.0 - 3.5 Clinic
1:30 - 3:00 pm	3.5 - 4.0 Clinic
3:00 - 4:30 pm	3.0 - 3.5 Clinic
4:30 - 6:00 pm	High Rep Tennis (level 2.5+)

## Sunday

9:00 - 10:30 am	Serve and Return Clinic (level 2.5 - 3.0)
9:00 - 10:30 am	Men's Advanced Drill
10:30 - Noon	Live Ball Drill (level 3.0+)
Noon - 1:30 pm	New Players Clinic
Noon - 1:30 pm	3.5 - 4.0 Clinic

### Frog Hollow Racquet Club

2115 Weber Rd, Lansdale PA • FrogTennis.com • (610) 584-5502

All clinics have a player minimum to run as scheduled. If you cannot attend a clinic/program, please make sure to call us at (610) 584-5502 and let us know right away! Cancellation fees apply. Please note there is a player minimum that needs to be met for programs to run as scheduled.