

Adult Programs at Mauna Lani Sports Club

Tennis

Daily 3.0-/Intermediate Clinic Daily Monday-Sunday 9:00-10:00am & 2:00-3:00pm

This daily clinic focuses on the fundamentals of the game and develops stroke techniques, rallying and match play. Our clinics are themed daily.

Kama'aina: \$30 / Guest: \$40

Tennis 101 & 201 Coming Soon!

Designed for beginner adults, this series will provide you with the basic skills and knowledge to move forward with confidence in our tennis programs.

Kama'aina: \$30 / Guest: \$40

Cardio Tennis Tuesday, Thursday, Saturday 7:00-8:00am

Looking for an amazing workout? Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to all levels. In fact, NO TENNIS EXPERIENCE IS REQUIRED! Most people average over 600 calories burned in one hour! Kama'aina: \$30 / Guest: \$40

4.0+/Advaced Clinic Wednesday 6:00-7:30pm

This energetic 90 minute session is set to music and comprised of drilling, strategy and point play situations Kama'aina: \$45 / Guest: \$60

Pickle Ball

Beginner/Intermediate Clinics Monday, Friday 10:00-11:00am

Pickleball is fast-paced, easy to learn, great exercise and lots of fun for all ages! Join us for our 1-hour clinics and our team will teach you the basics of the game and get you ready to attend our Open Play sessions. Please call Tennis Shop to sign up for all Clinics. Kama'aina: \$30 / Guest: \$40

Open Play Sundays 10:00am-12:00pm

Join us for active, fun, and social Open Play sessions! Beginner to advanced Pickleball players will enjoy the opportunity to learn the sport and/or work on their game with a wide variety of players.

Kama'aina: \$10 / Guest: \$20

Private Lessons & Group Rates

Kama'aina

1 Hour

\$80 (per person)

Guest

1 Hour

\$120 (per person)





