

SPRING TENNIS & PICKLEBALL SEASON 2025 AT CASCADES HOA

From **March 10th**
To **June 8th**

13 Weeks



Junior Lessons

Tennis 8u

Tuesdays and/or Wednesdays
4:15 - 5:15 pm

Saturdays
10:30 - 11:30 am

Tennis 9-11 y.o.

Tuesdays and/or Wednesdays
5:15 - 6:45 pm

Saturdays
11:30 am - 1:00 pm

Tennis 12+

Saturdays
1:00 am - 2:30 pm

High School Prep

Tuesdays
7:45pm - 9:15 pm

High School Match Play

Wednesdays
6:45 - 8:15 pm

90-minute
lessons



60-minute
lessons



Adult Lessons

Adult Cardio Tennis

Wednesdays
8:15 - 9:15 pm

Learn to Play Tennis

Thursdays
7:45 - 9:15 pm

Pickleball Beginner: Skills & Drills

Tuesdays
6:00 - 7:00 pm

Pickleball Intermediate

Tuesdays
7:00 - 8:00 pm

Tennis Team Practices

Thursdays
4:15 - 5:45 pm (10u)
5:45 - 7:15 pm (12+)

8u Competition Pathway

Fridays
4:15 - 5:15 pm

9-11 Competition Pathway

Fridays
5:15 - 6:45 pm

12+ Competition Pathway

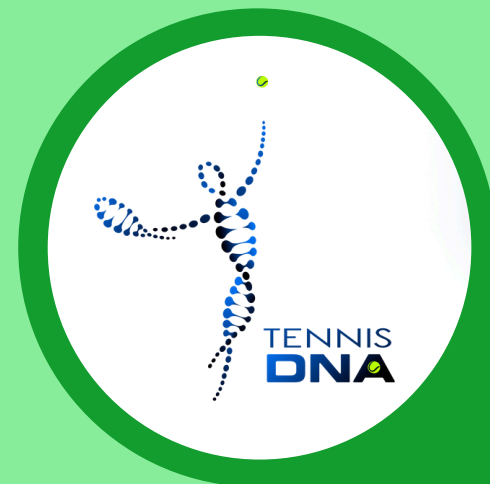
Fridays
6:45 - 8:15 pm



Adult



Junior



SIGN UP!!!



admin@tennis-dna.com

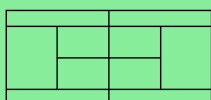
Tennis Teams



Drop-in*

Residents **\$32 (60 min)**
\$48 (90 min)

***Needs to be booked!**



Stone House/Potomac Lakes Pool- 20670
Fernbank Ct, Sterling, VA 20165