

SUMMER 2019 Session 1

STAFFORD HILLS CLUB ADULT TENNIS LESSONS

JUNE 10TH-JULY 14TH, 2019



Member registration opens April 15th at 8:00am. Non-member registration opens May 1st

No class Thursday July 4th

DRILL & PLAY

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Monday	2.5	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Jon
Monday	3.0	7:15-8:30pm	\$93.75/\$118.75/\$131.25	5	Lisa
Wednesday	3.5	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Nick
Thursday	3.0	6:00-7:15pm	\$75/\$95/\$105	4	Jon/Michael
Friday	2.5-3.0	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Bruce

H.I.T. HIGH INTENSITY TENNIS

Repetitive hitting singles & doubles drills with emphasis on footwork, balance and endurance.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	3.0+	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Michael

CARDIO TENNIS

Fast paced drills with lots of movement.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Monday	4.0+	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Lisa

SERVE & RETURN

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Thursday	All	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Jon

SHOT OF THE MONTH

Focus on your forehand, backhand, volley, overhead, serve, split steps, footwork & eye control with video analysis.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	All	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Jon

BEGINNER TENNIS

For adults who has never taken the court or is coming back from a long hiatus. Build a foundation of solid fundamentals.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Thursday	Beginner	9:15-10:30am	\$75/\$95/\$105	4	Michael

ADULT BOOTCAMP

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Saturday	3.0-3.5	9:15-10:30am	\$22.50/\$27.50/\$30	Drop In	All Pros
Saturday	3.5-4.0	10:30-11:45am	\$22.50/\$27.50/\$30	Drop In	All Pros

Lesson Policy: If enrollment is less than 5 the class will convert to a semi-private group. Once the session has begun there will be no refunds if a member wishes to cancel out of the session. If desired a member may arrange for a substitute to attend in their place. Due to high demand for lessons, we are unable to offer make-up classes for missed days. Only sign up for adult classes at your NTRP rating.

SUMMER 2019 Session 2

STAFFORD HILLS CLUB ADULT TENNIS LESSONS

JULY 15TH-AUGUST 18TH, 2019



Member registration opens May 29th at 8:00am. Non-member registration opens June 12th

DRILL & PLAY

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Monday	2.5	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Jon
Monday	3.0	7:15-8:30pm	\$93.75/\$118.75/\$131.25	5	Lisa
Wednesday	3.5	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Michael
Thursday	3.0	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Jon/Michael
Friday	2.5-3.0	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Bruce

H.I.T. HIGH INTENSITY TENNIS

Repetitive hitting singles & doubles drills with emphasis on footwork, balance and endurance.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	3.0+	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Michael

CARDIO TENNIS

Fast paced drills with lots of movement.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Monday	4.0+	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Lisa

SERVE & RETURN

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Thursday	All	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Jon

SHOT OF THE MONTH

Focus on your forehand, backhand, volley, overhead, serve, split steps, footwork & eye control with video analysis.

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	All	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Jon

BEGINNER TENNIS

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DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
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ADULT BOOTCAMP

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