

Fall 2019 Session 1

ADULT TENNIS LESSONS

AUGUST 26TH-OCTOBER 27TH, 2019



Member registration opens August 1st at 8:00am. Non-member registration opens August 19th
No Classes Labor Day. No PM classes October 14th-18th. No Boot Camp 8/31, 10/12, 10/19.

DRILL & PLAY

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|----------|---------|---------------|----------------------------|----------|-------------|
| Monday | 2.5 | 10:30-11:45am | \$150/\$190/\$210 | 8 | Jon |
| Monday | 3.0 | 7:15-8:30pm | \$131.25/\$166.25/\$183.75 | 7 | Lisa |
| Thursday | 3.0 | 6:00-7:15pm | \$150/\$190/\$210 | 8 | Jon/Michael |
| Friday | 2.5-3.0 | 9:15-10:30am | \$168.75/\$213.75/\$236.25 | 9 | 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 | \$168.75/\$213.75/\$236.25 | 9 | 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 | \$131.25/\$166.25/\$183.75 | 7 | Lisa |

SERVE & RETURN

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|----------|-------|--------------|----------------------------|----------|------------|
| Thursday | All | 9:15-10:30am | \$168.75/\$213.75/\$236.25 | 9 | Jon |

SINGLES DRILL

Focusing on singles strategies, stroke technique and singles patterns. A high-energy, fast-paced class.

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|---------|-------|-------------|----------------------|----------|------------|
| Tuesday | 3.5+ | 7:15-8:30pm | \$150/\$190/\$210 | 8 | 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 | \$150/\$190/\$210 | 8 | 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 |
|----------|----------|---------------|----------------------------|----------|------------|
| Tuesday | Beginner | 6:00-7:15pm | \$150/\$190/\$210 | 8 | Michael |
| Thursday | Beginner | 10:30-11:45am | \$168.75/\$213.75/\$236.25 | 9 | Michael |
| Thursday | Beginner | 7:15-8:30pm | \$150/\$190/\$210 | 8 | Bruce |

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.

Fall 2019 Session 2

ADULT TENNIS LESSONS

OCTOBER 28TH-DECEMBER 22ND, 2019



Member registration opens October 1st at 8:00am. Non-member registration opens October 21st
No classes November 28th-December 1st (Thanksgiving weekend)

DRILL & PLAY

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|----------|---------|---------------|----------------------------|----------|-------------|
| Monday | 2.5 | 10:30-11:45am | \$150/\$190/\$210 | 8 | Jon |
| Monday | 3.0 | 7:15-8:30pm | \$150/\$190/\$210 | 8 | Lisa |
| Thursday | 3.0 | 6:00-7:15pm | \$131.25/\$166.25/\$183.75 | 7 | Jon/Michael |
| Friday | 2.5-3.0 | 9:15-10:30am | \$131.25/\$166.25/\$183.75 | 7 | 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 | \$150/\$190/\$210 | 8 | 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 | \$150/\$190/\$210 | 8 | Lisa |

SERVE & RETURN

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|----------|-------|--------------|----------------------------|----------|------------|
| Thursday | All | 9:15-10:30am | \$131.25/\$166.25/\$183.75 | 7 | Jon |

SINGLES DRILL

Focusing on singles strategies, stroke technique and singles patterns. A high-energy, fast-paced class.

| DAYS | LEVEL | TIME | PRICE (TFA/FA/GUEST) | #CLASSES | INSTRUCTOR |
|---------|-------|-------------|----------------------|----------|------------|
| Tuesday | 3.5+ | 7:15-8:30pm | \$150/\$190/\$210 | 8 | 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 | \$150/\$190/\$210 | 8 | 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 |
|----------|----------|---------------|----------------------------|----------|------------|
| Tuesday | Beginner | 6:00-7:15pm | \$150/\$190/\$210 | 8 | Michael |
| Thursday | Beginner | 10:30-11:45am | \$131.25/\$166.25/\$183.75 | 7 | Michael |
| Thursday | Beginner | 7:15-8:30pm | \$131.25/\$166.25/\$183.75 | 7 | Bruce |

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.