

SUMMER 2020

STAFFORD HILLS CLUB ADULT TENNIS LESSONS

JUNE 15TH-JULY 19TH, 2020



Registration Opens Wednesday, June 10th

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
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	Bjørn

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
Monday	Beginner	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Lisa
Thursday	Beginner	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Bjørn

SERVE & RETURN

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Wednesday	All	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	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	\$93.75/\$118.75/\$131.25	5	Jon
Friday	2.5+	10:30-11:45am	\$93.75/\$118.75/\$131.25	5	Bjørn

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

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

TENNIS CONDITIONING

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	3.5+	8:00-9:15am	\$93.75/\$118.75/\$131.25	5	Bjørn
Thursday	3.0+	8:00-9:15am	\$93.75/\$118.75/\$131.25	5	Bjørn
Thursday	3.5+	6:00-7:15pm	\$93.75/\$118.75/\$131.25	5	Bjørn
Sunday	3.0+	9:15-10:30am	\$93.75/\$118.75/\$131.25	5	Bjørn

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.

TEL 503.612.2400

WEB WWW.STAFFORDHILLS.COM

MAIL TENNIS@STAFFORDHILLS.COM

Version 1

SUMMER 2020

STAFFORD HILLS CLUB ADULT TENNIS LESSONS JULY 20TH-AUGUST 23RD, 2020



Registration Opens Wednesday, June 24th

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
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