

FALL 2020 Session 1

STAFFORD HILLS CLUB ADULT TENNIS LESSONS AUGUST 31ST-OCTOBER 25TH, 2020



Member registration opens August 5th at 12:00pm. Non-member registration opens August 19th
No class Sep. 7th (Labor Day) & no evening classes Oct. 12th-16th (Club Championships)

DRILL & PLAY

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Monday	2.5	10:30-11:45am	\$131.25/\$166.25/\$183.75	7	Jon
Monday	3.0	7:15-8:30pm	\$112.50/\$142.50/\$157.50	6	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	\$150/\$190/\$210	8	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	\$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	\$112.50/\$142.50/\$157.50	6	Lisa

SERVE & RETURN

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Thursday	All	9:15-10:30am	\$150/\$190/\$210	8	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	\$131.25/\$166.25/\$183.75	7	Jon
Friday	2.5+	10:30-11:45am	\$150/\$190/\$210	8	Bjørn

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	\$131.25/\$166.25/\$183.75	7	Jon

BEGINNER TENNIS

For adults who have never taken the court or are 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	\$131.25/\$166.25/\$183.75	7	Michael
Thursday	Beginner	10:30-11:45am	\$150/\$190/\$210	8	Michael
Thursday	Beginner	7:15-8:30pm	\$131.25/\$166.25/\$183.75	7	Bjørn

TENNIS CONDITIONING

DAYS	LEVEL	TIME	PRICE (TFA/FA/GUEST)	#CLASSES	INSTRUCTOR
Tuesday	3.0+	8:00-9:15am	\$150/\$190/\$210	8	Bjørn
Thursday	3.5+	6:00-7:15pm	\$131.25/\$166.25/\$183.75	7	Bjørn
Sunday	3.0+	9:15-10:45am	\$180/\$220/\$240	8	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.

FALL 2020 Session 2

STAFFORD HILLS CLUB ADULT TENNIS LESSONS OCTOBER 26TH-DECEMBER 20TH, 2020



Member registration opens September 30th at 12:00pm. Non-member registration opens October 14th
No classes November 26th-29th (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	Bjørn

H.I.T. HIGH INTENSITY TENNIS

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

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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
Friday	2.5+	10:30-11:45am	\$131.25/\$166.25/\$183.75	7	Bjørn

SHOT OF THE MONTH

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Sunday	3.0+	9:15-10:45am	\$157.50/\$192.50/\$210	7	Bjørn

ADULT BOOTCAMP

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