

# Winter 2021

## STAFFORD HILLS CLUB ADULT TENNIS LESSONS JANUARY 4<sup>TH</sup>-MARCH 19<sup>TH</sup>, 2021



**Member registration opens December 16<sup>th</sup> at 2:00pm.**  
**No evening classes during Mixed Doubles Tournament Feb. 20<sup>th</sup>-27<sup>th</sup>**

### DRILL & PLAY

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#CLASSES	INSTRUCTOR
Monday	2.5	10:30-11:45am	\$206.25/\$261.25	11	Jon
Monday	3.0	7:15-8:30pm	\$187.50/\$237.50	10	Lisa
Thursday	3.0	6:00-7:15pm	\$187.50/\$237.50	10	Jon/Michael
Friday	2.5-3.0	9:15-10:30am	\$206.25/\$261.25	11	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)	#CLASSES	INSTRUCTOR
Tuesday	3.0+	9:15-10:30am	\$206.25/\$261.25	11	Michael

### CARDIO TENNIS

*Fast paced drills with lots of movement.*

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#CLASSES	INSTRUCTOR
Monday	4.0+	6:00-7:15pm	\$187.50/\$237.50	10	Lisa

### SERVE & RETURN

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#CLASSES	INSTRUCTOR
Thursday	All	9:15-10:30am	\$206.25/\$261.25	11	Jon

### SINGLES DRILL

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

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#CLASSES	INSTRUCTOR
Tuesday	3.5+	7:15-8:30pm	\$187.50/\$237.50	10	Jon
Friday	2.5+	10:30-11:45am	\$206.25/\$261.25	11	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)	#CLASSES	INSTRUCTOR
Tuesday	All	6:00-7:15pm	\$187.50/\$237.50	10	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)	#CLASSES	INSTRUCTOR
Tuesday	Beginner	6:00-7:15pm	\$187.50/\$237.50	10	Michael
Thursday	Beginner	10:30-11:45am	\$206.25/\$261.25	11	Michael
Thursday	Beginner	7:15-8:30pm	\$187.50/\$237.50	10	Bjørn

### TENNIS CONDITIONING

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#CLASSES	INSTRUCTOR
Tuesday	3.0+	6:45-8:00am	\$206.25/\$261.25	11	Bjørn
Thursday	3.5+	6:00-7:15pm	\$187.50/\$237.50	10	Bjørn
Sunday	3.0+	9:15-10:30am	\$187.50/\$237.50	10	Bjørn

### ADULT BOOTCAMP

DAYS	LEVEL	TIME	PRICE (TFA/FA)	#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.*