

# GROUP TENNIS LESSONS/DRILL CLINICS SCHEDULE

"Fall Schedule"--2010--						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 a.m. <b>EARLY BIRD CARDIO!</b> --all levels Stephanie						
					10:00-11:30 a.m. <b>INTERMEDIATE</b> 3.0-3.5 Patrick	10:00-11:30 a.m. <b>INTERMEDIATE</b> 3.0-3.5 Stephanie
11:00 a.m.-12:00 <b>CARDIO TENNIS!</b> all levels Stephanie		11:00 a.m.-12:00 <b>CARDIO TENNIS!</b> all levels Stephanie			11:30-12:30 p.m. <b>INTRODUCTORY</b> Beginners welcome! Patrick	
4:30pm-6:00pm <b>JR. TEAM TENNIS PRACTICE</b> Ben	4:30pm-6:00pm <b>JR. TEAM TENNIS PRACTICE</b> Ben				<b>GROUP LESSON RATES</b>	
					<b>MEMBER RATES</b> \$22 per class 5 classes for \$105 10 for \$200	<b>GUEST RATES</b> \$27 per class 5 classes for \$130 10 for \$250
6-6:30 p.m. <b>FREE w/ups!</b> Chris					<i>*Attention: There is a 24 hour cancellation policy. Space is limited, sign up at the front desk or call 323 851 6000 to reserve your spot.</i>	
6:30-8:00 p.m. <b>INTERMEDIATE</b> 3.0-3.5 Chris	6:30-8:00 p.m. <b>INTERMEDIATE +</b> (3.5-4.0) Patrick	6:30-8:00 p.m. <b>ADVANCED</b> 4.0-4.5 Patrick				
					<b>ARE</b>	<b>YOU</b>
						<b>IN?</b>

**EARLY BIRD/CARDIO TENNIS:** Get ready to sweat! These cardio workouts with Stephanie will have your heart pumping, your feet jumping, and your backhands thumping! Cardio tennis is open to players of all levels. Offered Mon. @ 7:30 am, or Mon. and Wed. @ 11 am. These 60 min. classes are \$22 for members, \$27 for guests.

**JR. TEAM TENNIS PRACTICE:** Offered Mon. & Tues. from 4:30 pm-6:00 pm. For advanced players 17 and under. For just \$20, send your future pro out for 90 minutes of some serious fun on the courts. These "practices" are open to juniors who are competing or would like to compete for a USTA TLTC team. They are geared towards players who can serve, keep score and play matches. We focus on drills, footwork and strategy, and often end with supervised match play. These are offered from mid-Sept thru mid-June. Call Ben at 818 634 4402 for more info.

**ADVANCED:** Get ready to run, work and sweat as Patrick puts you through the ringer! Bang balls from the baseline, chip and charge your way to net, and/or try to keep up with the fast-paced action of Speed Ball! This 90 min. class is limited to 10 people. (\$22 for members, \$27 for guests.)

**INTRODUCTORY:** This 60 min. class is for beginners looking to learn the basics. Patrick will teach you the proper grips for forehands, backhands, volleys and serves. This class is limited to 6 people (\$22 for members, \$27 for guests.)

**INTERMEDIATE** 3.0-3.5 levels welcome for a fun workout including drills, footwork and games. 90 minute class is limited to the first 8 players who sign up. (\$22 for members, \$27 for guests.)

**INTERMEDIATE +:** Calling all 3.5s and up, step right up and don't be shy! Come out for some cardio fun while working on forehands, backhands, smashes and serves--you know, the essentials to help you build your arsenal as you take the next step in the world of competitive tennis. These 90 minute classes will help you on all your strokes and even arm you with some all-important strategic tips. Classes limited to the first 10 people who sign up. (\$22 for members, \$27 for guests.)

**FREE WARM UP CLINIC!** Come on down and try out a free drill clinic with Chris. Hit some groundies, get your feet moving and take advantage of this "economically viable" bailout package! If you like it and need some more action, stay for his 6:30-8 pm class. Offered Mondays at 6pm.

**ARE**

**YOU**

**IN?**

**DOUBLES FOR SINGLES:** What better way to start off the weekend! This Friday night fun fest is designed for doubles players to get in a great workout as Michael Kopp shows you his favorite drills and games that all will enjoy. (\$22 for members, \$27 for guests.)

2:30pm-4:30pm JUNIOR TENNIS CAMP Ben	2:30pm-4:30pm JUNIOR TENNIS CAMP Ben	2:30pm-4:30pm JUNIOR TENNIS CAMP Ben
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10:00-11:30 a.m. INTERMEDIATE 3.0-3.5 Patrick
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<b>STRATEGY SESSION RATES</b>	
<u>MEMBER RATES</u>	<u>GUEST RATES</u>
\$105 for 90 min. strategy sessions	\$120 for 90 min. strategy sessions