

TOLUCA LAKE TENNIS CLUB

www.SportsCenterTLTC.com

6711 FOREST LAWN DRIVE LOS ANGELES CA 90068 (323) 851 6000

HOURS: 6 A.M. - 10 P.M. MONDAY- FRIDAY & 7 A.M. - 7 P.M. SATURDAY- SUNDAY

GROUP TENNIS LESSONS/DRILL CLINICS SCHEDULE

"Winter Schedule"--2012--						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00-11:30 a.m. INTERMEDIATE 3.0-3.5 Patrick	10:00-11:30 a.m. INTERMEDIATE 3.0-3.5 Martin
					11:30-12:30 p.m. INTRODUCTORY Beginners welcome! Patrick	11:30-12:30 p.m. TENNIS BOOT CAMP all levels! Martin
4:30-6 p.m. JR TENNIS CLINIC tourney level Ben	4:30-6 p.m. JR TENNIS CLINIC tourney level Ben				GROUP LESSON RATES	
					MEMBER RATES	
					GUEST RATES	
					\$22 per class	\$27 per class
					5 classes for \$105	5 classes for \$130
					10 for \$200	10 for \$250
					<i>*Attention: There is a 24 hour cancellation policy.</i>	
					Space is limited, sign up at the front desk or call 323 851 6000 to reserve your spot.	
					ARE	YOU
						IN?

INTERMEDIATE: 3.0 and 3.5 levels welcome for a fun workout, including drills, footwork and games. This is a 90 minute class and is limited to the first 8 players who sign up. Offered Mondays at 6:30 p.m., Tuesdays at 7:30 p.m., and weekend mornings at 10 a.m. (\$22 for members, \$27 for guests.)

NOTE: Instructor reserves the right to place you in a more appropriate class if necessary.

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.)

TENNIS BOOT CAMP: Get ready for a cardio workout you're sure to love. Train like the pros as ex touring pro Martin Hehensteiger guides you through an exciting hour of dynamic stretches and fast-paced drills and games that get your heart pumping, your feet moving and groundies groovin'! All levels welcome. (\$22 for members, \$27 for guests.) Also offered on the "Fitness Schedule" Fridays at 5:30 p.m.

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.

JUNIOR TENNIS CLINICS Offered Mondays and Tuesdays from 4:30-6 PM. These are "team practices" for our advanced players, but they are "open" to any junior looking to improve his/her game. Only \$20 per workout!

INTERMEDIATE +: Calling all 3.5s and 4.0s, 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 8 people who sign up. (\$22 for members, \$27 for guests.) **NOTE:** Instructor reserves the right to place you in a more appropriate class if necessary.

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 8 people. **NOTE:** Instructor reserves the right to place you in a more appropriate class if necessary. (\$22 for members, \$27 for guests.)

ARE

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