



1. Stroking

This class is specifically designed to teach you the fundamentals of the game. Tennis is a high skill sport composed of a variety of shots that take years to master. It is for this reason that you must acquire strong basics that will guarantee a flawless continuation in your improvement curve. In this class you will learn:

- Different Grips
- Backswing
- Follow through
 - Stances
 - Spins
- Footwork
 - Volleys
 - Serves
 - Returns
- Specialty Shots

Class Intensity: **Medium**

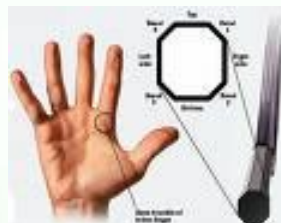
Level: Beginner & Intermediate

NTRP: 1.5 to 3.5

Recommendations: Weekly Attendance

Price: \$30 per hour or \$20 per hour for 5 weeks

Ratio: 1 to 6



Serve Return Approach Volley (SRAV)



These four shots basically sum up the game of tennis. If you can do all four consistently, you have achieved a very good level. In this class, we will emphasize the technical and strategic aspect of these four stations. Be prepared to exercise intensely.

Class Intensity: **High**

Level: Intermediate & Experienced

NTRP: 3.5 to 5.0

Recommendations: Weekly Attendance

Price: **\$30 per hour or \$20 per hour for 5 weeks**

Ratio: 1 to 6



2. Double Trouble (DT)



This class focuses on doubles skills. You will learn to master the art of doubles strategy. Whether you are a baseliner or a net player, you will find the best way to express your talent in a very efficient way. Learn to become a trusted player.

Class intensity: **High**

Level: Intermediate & Experienced

NTRP: 3.0 to 4.5

Recommendations: Bring your own partner

Price: \$40 per hour or \$30 per hour for 5 weeks

Ratio: 1 to 4



3. Stamina Tennis (ST)



This class is geared towards stamina development. It is a high intensity class where you will hit a lot of balls in a short period of time. This class stresses the importance of fitness both from the footwork sense as well as the shot production sense. This class is not for your average player.

Class intensity: **Extreme**

Level: Experienced

NTRP: 4.0 and above

Recommendations: Warm up before hand

Price: **\$30 per hour or \$20 per hour for 5 weeks**

Ratio: 1 to 8



4. Strategy Strategy



Maybe you have never been told this, but tennis is like chess and a boxing fight with a racquet going on at the same time.

There is a lot of strategy and analysis going on. Players tend to spend a lot of time worrying about what is not working in their game rather than focusing on how they can pick apart their opponent game. In this class, you will be introduced to some basic checks that one must make to be smart efficient player.

Class intensity: **Medium**

Level: Intermediate to Experienced

NTRP: 3.0 and above

Price: \$40 per hour or \$30 per hour for 5 weeks

Ratio: 1 to 4



5. Cardio Tennis CT



Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis.

Class intensity: **Medium to High**

Level: All

NTRP: 1.0 to 6.0

Price: \$30 or \$20 per hour for 5 weeks

Ratio: 1 to 8



6. Power Boost **PB**



Power boost is designed to teach you where the power comes from in your game. You will learn to use your legs, your torso, your arms and your movement to generate power. This class is all about power. The only way to control power is to play at that speed and find control while going for it. This class is ALL ABOUT POWER and fast repetitions, so warm up and stretch out.

Class intensity: **Extreme**

Level: Intermediate to Experienced

NTRP: 3.5 and above

Price: \$30 per hour or \$20 per hour for 5 weeks

Ratio: 1 to 8



7. Dr. Feel Good DFG



This class will teach you “touch” how to play with softer hands. You will learn to drop shot from every area on the court, use angles to move your opponent around, and take control of the game using accuracy as your only weapon. It will be necessary to learn or to know how to slice.

Class intensity: **Medium to High**

Level: Any

NTRP: 2.0 to 7.0

Price: \$40 per hour or \$30 per hour for 5 weeks

Ratio: 1 to 4



Smorgasbord of Surprises

SOS



This class is an open class for all levels. It covers a variety of strokes based on the level of the class and the enthusiasm of the day. It is more geared towards the social interaction and fun of the game. Come with an open mind and make new friends.

Class intensity: Unknown

Level: Unknown

NTRP: Unknown

Price: \$25 per hour or \$15 per hour for 5 weeks (minimum of 4)

Ratio: 1 to 8



8. THE CHAMPS **The Champs**



This class is a two day clinic. You have three choices over the weekend. This class will cover all of the above in a two day extravaganza. You will play 4 hours of tennis and will address every area of the game with stats at hand. This class is the fastest way to improve because it guarantees continuity. This is a **MUST!**

Saturday and Sunday from 10am to 12pm

Saturday and Sunday from 4pm to 6pm

Mix and Match between both days (subject to availability)

Class Intensity: **HIGH**

Level: Intermediate to Advanced

NTRP: 3.0 to 5.0

Price: **\$160 per weekend**

Ratio: 1 to 4

