



Classes Descriptions

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:

- 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

Ratio: 1 to 6

2. Serve Return Approach Volley

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

Ratio: 1 to 6



3. Double Trouble

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
Ratio: 1 to 4

4. Stamina Tennis

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
Ratio: 1 to 8

5. 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 a smart efficient player.

Class intensity: Medium
Level: Intermediate to Experienced
NTRP: 3.0 and above
Price: \$40 per hour
Ratio: 1 to 4



6. Cardio Tennis

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

Ratio: 1 to 8

7. Power Boost

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

Ratio: 1 to 8

8. Dr. Feel Good

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

Ratio: 1 to 4



9. Smorgasbord of Surprises

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

Ratio: 1 to 8

10. 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