

# get into tennis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5- 7:15 AM	Group Fitness					Group Fitness 9AM Cardio Tennis (Tori)	Open Play 12-4PM*
7:30 AM	Group Fitness		Open Play*	Seniors Tennis * 7:30-8:30	Open Play*		
8:45-10:15 AM	Open Play*	Open Play*				4:00PM-4:45PM Tiny Hitters Clinic*	
10:30 - 4:00 PM	Open Play*	Open Play*	Intermediate Clinic*	Advanced Clinic*			
4:00 - 5:15 PM	Intermediate Clinic*	Advanced Clinic*			Tournament Clinic*	Youth Court Time	Advanced Clinic*
5:15 - 6:30 PM	Tournament Clinic/Social	Advanced Clinic/ Youth Court Time	Block Times*	Block Times*			
6:30 - 9 PM	New! Social Tennis* 6:30-8:00p	New! Social Tennis* 7:00-8:30p			Open Play*	Facility Closed at 8pm on Friday	
9:00 - 10:00 PM	Open Play*						

**Effective February 11, 2019**

Subject to change with or without notice

\*May be associated with additional fee

**Program Coordinator:**

**Victoria Brymer**

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**(619) 382 - 5972**

## DESCRIPTIONS

**Tiny Hitters-Ages 4-7** - This clinic is for young players just starting out focusing on the basics of tennis (\$40 for members/\$60 for non-members)

**Intermediate Clinic-Ages 8-12** - This clinic is for advanced beginners and will be focusing on stroke fundamentals(\$80 for members/\$110 for non-members)

**Advanced Clinic- Ages 13-18 (High School Varsity)** - This clinic is for Junior High and High School experienced players. It is an instructional program

emphasizing preparation for competitive tennis that will stress stroke technique, match strategy, and play (\$80 for members/\$110 for non-members)

**Tournament Clinic** - This is for players who have good stroke production skills, and are consistent in rallies. (\$80 for members/\$110 for non-members)

**Cardio Tennis** - is an engaged group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobics and anaerobic workout. Cardio Tennis is a very social activity for all ages, ability and fitness levels. If class is free to all Y members

**Social Tennis\* NEW** - is a program that is created to help grow local tennis in the community. It is also designed to fit the needs of players who are looking to learn and be competitive (\$8 fee for members/\$15 for nonmembers)

**Seniors Tennis\* NEW** - This is a class designed to help and provide our senior community with fitness and learning and fun!

It is specifically geared to senior activity and ability. \$8 fee for members/\$15 for nonmembers)

**Beginners Class\* NEW** This class is designed to get new players to join us on the tennis court! It is geared around new comers and players that have not played before or not much at all (\$8 fee for members/\$15 for nonmembers)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Tennis Clinics Sessions:  
Feb 11 to March 8**



**12 weeks  
Block Times/Sessions  
Jan 7 - March 29**

**1 Court**

**12-Weeks Block Times: Requires at least 24 hour reservation/1.5-hour block**

<b>Prime Time ONLY at 7PM to 8:30PM</b>
\$390.00
Non- Members: \$390+ \$10 day pass
(day pass is for each non-member using the courts)

**2 Courts**

**12-Weeks Block Times: Requires at least 24 hour reservation/1.5-hour block**

<b>Prime Time ONLY at 7PM to 8:30PM</b>
\$780.00
Non- Members: \$780 + \$10 day pass
(day pass is for each non-member using the courts)

**Private Lessons:**

	<b>Member</b>	<b>Non-Member</b>
One-on-One	1 session - \$60	1 session - \$75
Buddy sessions Minimum of 2 participants	1 session - \$30 (per person)	1 session - \$37.50 (per person)

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**(Open Play\*) Court fees: \$24.00 per court**