

Adult Tennis Schedule & Cost

Fall Term 2019

WEST HILLS AND MOUNTAIN PARK



Class participants will be AUTOMATICALLY signed up for 3 months

MOUNTAIN PARK

August 26 - September 30, October 1-31, November 1-27 (No lessons Aug.31-Sept.2 and Nov.28-Dec.1)

Class	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Sept. Prices	Oct. Prices	Nov. Prices
Tennis Now	Sun	2.5/3.0	11:00-12:15	Day	MP	Coed	6	\$87.50	\$87.50	\$87.50
Tennis Now 301	Tu	3.0+	9:00-10:15	Day	MP	Coed	6	\$109.50	\$109.50	\$87.50
Tennis Now 101	Th	2.5+	9:00-10:15	Day	MP	Coed	6	\$109.50	\$109.50	\$65.50
Tennis Now 301	Th	3.0+	10:15-11:30	Day	MP	Coed	6	\$109.50	\$109.50	\$65.50
Stoke of the Week	Tu	3.0+	10:15-11:30	Day	MP	Coed	6	\$109.50	\$109.50	\$87.50
The MOVE Class	Th	3.0/3.5	12:45-2:00	Day	MP	Coed	6	\$109.50	\$109.50	\$65.50
Stroke of the Week	F	3.0/3.5	10:15-11:30	Day	MP	Coed	6	\$109.50	\$87.50	\$87.50
Singles Strategy	M	3.0/3.5	10:15-11:30	Day	MP	Coed	4	\$151.50	\$121.00	\$121.00
Stroke and Strategy	Tu	3.5	6:00-7:00am	Day	MP	Coed	6	\$87.50	\$87.50	\$70.00
Stroke and Strategy	Tu	3.0+	7:00-8:00am	Day	MP	Coed	6	\$87.50	\$87.50	\$70.00
Stroke and Strategy	Tu	3.5+	11:30-12:45	Day	MP	Coed	6	\$109.50	\$109.50	\$87.50
Stroke and Strategy	Sat	3.5/4.0	9:00-10:00	Day	MP	M	6	\$70.00	\$70.00	\$70.00
City League Practice	M	J/H team	10:15-11:30	Day	MP	W	6	\$109.50	\$87.50	\$87.50
City League Practice	M	G/E team	11:30-12:45	Day	MP	W	6	\$109.50	\$87.50	\$87.50
Tennis Now 301	M	3.0/3.5	7:00-8:15	Eve	MP	Coed	6	\$109.50	\$87.50	\$87.50
Tennis Now 101	M	2.5+	7:15-8:30	Eve	MP	Coed	6	\$109.50	\$87.50	\$87.50
Stroke and Strategy	Tu	2.5/3.0	6:45-8:00	Eve	MP	Coed	6	\$109.50	\$109.50	\$87.50
Stroke and Strategy	M	3.0+	7:00-8:15	Eve	MP	W	6	\$109.50	\$87.50	\$87.50
Stroke and Strategy	Tu	3.5+	6:45-8:00	Eve	MP	M	6	\$109.50	\$109.50	\$87.50
Stroke and Strategy	Th	3.0/3.5	6:00-7:15	Eve	MP	Coed	6	\$109.50	\$109.50	\$65.50
Stroke and Strategy	M	3.5/4.0	6:00-7:15	Eve	MP	M	12	\$109.50	\$87.50	\$87.50
Stroke and Strategy	Tu	3.0+	8:00-9:00	Eve	MP	Coed	6	\$87.50	\$87.50	\$70.00
Stroke and Strategy	Th	3.0/3.5	7:15-8:30	Eve	MP	Coed	6	\$109.50	\$109.50	\$65.50
The MOVE Class	Th	3.0+	7:15-8:30	Eve	MP	Coed	6	\$109.50	\$109.50	\$65.50
Stroke and Strategy	Tu	3.5/4.0	6:45-8:00	Eve	MP	W	6	\$109.50	\$109.50	\$87.50
Stroke and Strategy	Th	3.5/4.0	7:15-8:30	Eve	MP	M	6	\$109.50	\$109.50	\$65.50

WEST HILLS

September 3-30, October 1-31, November 1-27 (no lessons Nov. 28-Dec.1)

Class	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Sept. Prices	Oct. Prices	Nov. Prices
Tennis Now	Tu	2.0	12:45-2:00	Day	WH	Coed	6	\$70.00	\$87.50	\$70.00
Stroke and Strategy	Th	3.0	9:00-10:30	Day	WH	Coed	6	\$105.00	\$131.25	\$78.75
Singles Strategy	F	3.0/3.5	12:00-1:30	Day	WH	Coed	12	\$105.00	\$105.00	\$105.00
Cardio Tennis	Su	3.0/3.5	8:00-9:00am	Day	WH	Coed	4	\$70.00	\$70.00	\$70.00
Double Drills	W	3.0/3.5	9:00-10:30	Day	WH	Coed	6	\$105.00	\$131.25	\$105.00
Singles Strategy	Su	3.5	9:00-10:30	Day	WH	Coed	4	\$144.00	\$144.00	\$144.00
Cardio Men	F	4.0	6:45-7:45am	Day	WH	M	8	\$70.00	\$70.00	\$70.00
City League Practice	M	I team	9:00-10:15	Day	WH	W	12	\$121.00	\$121.00	\$121.00
City League Practice	M	J team	10:15-11:30	Day	WH	W	12	\$121.00	\$121.00	\$121.00
Tennis Now	W	2.0	6:00-7:00	Eve	WH	Coed	6	\$70.00	\$87.50	\$70.00
Stroke and Strategy	W	2.5	6:00-7:30	Eve	WH	Coed	6	\$105.00	\$131.25	\$105.00
Cardio Tennis	W	3.0/3.5	6:00-7:00	Eve	WH	Coed	8	\$70.00	\$87.50	\$70.00
Doubles Drills	W	3.5	7:00-8:15	Eve	WH	Coed	6	\$85.00	\$106.25	\$85.00
Doubles Drills	Th	3.5/4.0	7:00-8:30	Eve	WH	Coed	6	\$105.00	\$131.25	\$78.25

ADULT TENNIS LESSON CLASS DESCRIPTION

FALL TERM 2019

West Hills and Mountain Park



TENNIS NOW!

Are you new to the game? Coming back after a layoff or career?

Tennis Now! gets you back on the court hitting tennis balls and getting great exercise.

Racquets provided , access to the ball machine practice included as well as the opportunity to meet other players!

STROKE OF THE WEEK

Ready for stroke technique in a group lesson setting? This is your class!

The weekly sequence of technique training will include:

Groundstrokes | Net play, volleys & overhead | Combination shot sequence

Oh yes, footwork included!

CARDIO TENNIS

Get ready to move on the court and get your workout for the day!

Bring your heart rate device - track your heart rate, recovery rate & mileage .

Music on the court adds to the fun!

THE MOVE CLASS

Get ready to move on the court and get your workout for the day! Bring your heart rate device track your heart rate, recovery rate & mileage .

STROKE AND STRATEGY

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy.

SINGLES STRATEGY

Learn the finer points of singles play in this class.

Single tactics, strategies and learning how to maximize your strengths in match play are focus....along with a great workout!

CITY LEAGUE TEAM PRACTICE

This class includes the following focus:

Competition games | Tactics and strategies in double play | Serving | Point play

Sign up with your partner or individually.

The pro staff will have you ready to go for your upcoming city league match!

DOUBLES DRILLS | DOUBLES PATTERNS | MATCH PLAY

Learn the finer points of doubles play.

Practice drills that repeat shot sequences and placement that will give you greater confidence in your match play. This class is great for the City League and USTA player!

Registration

Member Registration: Monday, August 12th online via your member account.

Register for **Junior** lessons beginning @ 7:00pm

Register for **Adult** lessons beginning @ 7:30pm

Non-member Registration: Monday, August 19th online. Requires creation of a guest account via the online portal.

*Non-member rates are 30% more than listed member price

***Non-member participants are limited to 1 term of lessons.** Required to join club in order to continue participating in lessons.

*Terms are nontransferable. If participant joins in the middle of the term the day(s)/month(s) missed cannot roll over into the following term to make up for the missed month(s).

Policy/ Cancellation Information

*Group lessons are billed for the fall published price each month. No exceptions or pro rates will be made for absences.

*Cancellations must be made with the appropriate pro 7 days prior to the 1st of the following month.

*All class placements are subject to change per instructor approval.

*Classes require a minimum of 4 participants.

Questions?

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