

# Harbor Square

ATHLETIC CLUB

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 AM		Pre-Dawn <b>POSTPONED</b>		Pre-Dawn <b>POSTPONED</b>			
8:00-9:30 AM							
9:30-11:00 AM	4.0 USTA Workout *OPEN DROP IN* Andy	3.5 USTA Workout (HUFF) Andy	3.5 USTA Workout *OPEN DROP IN* Andy	2.5 USTA Workout (SIEGRIST) Andy	3.0 USTA Workout (BAILEY) Andy	Breakfast Club Rob	
11:00-12:00 AM/PM					Beginners Katherine	Beginners Joe	
11:00-12:30 AM/PM	Stroke Production 2.5-3.0 Andy	Singles Workout Andy	Stroke Production 3.5-4.0 Andy	3.0 USTA Workout (TAMEISHI/RICH) Andy			Singles Strategy Katherine
12:30-2:00 PM		Fit Tennis Katherine					
2:00-3:00 PM						Doubles Targeting Joe	
6:30-8:00 PM	3.5-4.0 Workout Rob	Singles Workout Andy	Stroke Production 3.0-4.0 Andy				

# Group Tennis Class Descriptions

## **Pre-Dawn: POSTPONED**

- Focus: Groundstroke footwork/movement, and volley footwork/movement.
- Skill Level: All skill levels welcome
- Cost: Member: \$15 / Non-Member: \$15 (Drop In)

## **USTA Drills:**

- Focus: The Drills are closed team workouts. Talk to Andy if you are interested in playing on a USTA team.
- Skill Level: Teams from 2.5-4.0
- Cost: Please contact tennis billing to get individual team pricing.
- \*4.0 USTA Workout on Monday's at 9:30 AM, and 3.5 USTA Workout on Wednesday's at 9:30 AM are **OPEN DROP IN** to anyone\*

## **Beginners:**

- Focus: Beginner Basics
- Skill Level: 2.0-2.5
- Cost: Member: \$15 / Non-Member: \$15 (Drop In)

## **Singles Strategy:**

- Focus: Singles Drills
- Skill Level: 2.5-4.0
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **3.5-4.0 Workout:**

- Focus: Doubles Drills
- Skill Level: 3.5-4.0
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **Stroke Production:**

- Focus: volleys, ground strokes, and serve mechanics
- Skill Level: See schedule level varies days and times
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **Breakfast Club:**

- Focus: Doubles Drills
- Skill Level: 3.0-4.0
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **Singles Workout**

- Focus: Technique, Strategy, Decision making, Footwork
- Skill Level: 3.0 and Up
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **Fit Tennis:**

- Focus: Plyometric's, fast drills, quick reactions
- Skill Level: 2.0 – 5.0
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

## **Doubles Targeting:**

- Focus: Hitting targets and having fun, Win points, Ball Machine workout
- Skill Level: All Levels
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)