

Harbor Square

ATHLETIC CLUB

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 AM							
8:00-9:30 AM							
9:30-11:00 AM	<u>Drop In Workout</u> 3.5-4.0 Andy	<u>3.5 USTA</u> Huff Andy	<u>3.5 USTA</u> Broderson Andy	<u>3.0 USTA</u> Rich/Tameishi Andy	<u>3.0 USTA</u> Bailey Andy	<u>Breakfast Club</u> Eric	<u>Stroke Production</u> Micah
11:00-12:30 AM/PM	<u>Singles</u> Andy	<u>65+ 3.0 USTA</u> Fox Andy	<u>Stroke Production</u> 3.5 - 4.0 Andy	<u>Stroke Production</u> 2.5 - 3.0 Andy	<u>2.5 USTA</u> Flock Andy	<u>Tennis 101</u> Eric	
12:30-2:00 PM					<u>Singles Drills</u> Joe		
2:00-3:30 PM							
6:30-8:00 PM	<u>Doubles Strategy</u> Eric	<u>Skills & Drills</u> Eric	<u>3.0 Ladies Workout</u> Closed Group Joe	<u>Beginners</u> 6:30-7:30PM Court 8 1 Hour Micah			
8:00-9:00 PM							

Adult Group Tennis Class Descriptions

Tennis 101:

- Focus: Beginner Basics, Proper Grip, Ball Machine Work
- Skill Level: Beginners-Juniors and Adults. Ages 10+ or Instructor Permission
- Cost: Member: \$25 / Non-Member: \$28 (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)

USTA WORKOUTS:

- Focus: **CLOSED WORKOUT**- Team Drills. Talk to Andy if you are interested in playing on a CUPS Team
- Skill Level: Teams 2.5-4.0
- Cost: Member: \$18

Doubles Strategy:

- Focus: Different play patterns & tactical tips
- Skill Level: 3.0 and Up
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

Skills & Drills:

- Focus: Learning different strokes & specialty shots
- Skill Level: 3.0 and Up
- Cost: Member: \$20 / Non-Member: \$24 (Drop In)

3.0 Ladies Workout:

- Focus: **CLOSED WORKOUT**- Team Drilling with Joe
- Skill Level: 3.0
- Cost: Member: \$20 / Non-Member: \$24

Singles Drills:

- Focus: Singles Strategy
- Skill Level: All Levels
- Cost: Members:\$20/Non-Member:\$24

Beginners:

- Focus: Beginner Basics (Thursday's Class will be held on court 8)
- Skill Level: Beginners
- Cost: Member: \$15 / Non-Member: \$15 (Drop In)



JUNIOR PROGRAM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00 AM							Stroke Production Micah
11:00-12:30 AM/PM							Pee-Wee's Micah
12:30-2:00 PM						Tournament Team Eric	Juniors Drop In Micah
3:30-5:00 PM	Level 1	Level 2	Level 1	Level 2			
5:00-6:30 PM	Level 3	Level 4	Level 3	Level 4			



JUNIOR PROGRAM

<p><u>LEVEL 1</u> Tournament Class Instructor Permission Required Monday's/Wednesday's 3:30-5:00 PM 18 per class maximum</p>	<p><u>LEVEL 2</u> High School Varsity/Junior Varsity Experienced Players Tuesday's/Thursday's 3:30-5:00 PM 18 per class maximum</p>
<p><u>LEVEL 3</u> Beginner-Intermediate Ages 10 and up Monday's/Wednesday's 5:00-6:30 PM 18 per class maximum</p>	<p><u>LEVEL 4</u> Beginner-Intermediate Ages 6 to 10 Tuesday's/Thursday's 5:00-6:30 PM 18 per class maximum</p>

<p><u>Stroke Production</u> With Video Sundays 11:00-12:30 AM/PM Drop In Only Instructor: Micah</p>	<p><u>Pee Wee's</u> Ages 3 to 6 Sunday's 11:00-12:00 AM/PM Drop In Only Instructor: Micah</p>	<p><u>Tournament Team</u> Levels 1 & 2 Saturday's 12:30-2:00 PM Drop In Only Instructor:Eric</p>
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Level's 1-4 Price:

Member Price Month: \$20

Member Price Drop In: \$22

Level's 1-4 Price:

Non-Member Price Month: \$22

Non-Member Price Drop In: \$24

Tournament Team/Tennis 101:

Member: \$25 / Non-Member: \$28

Pee Wee's: Member: \$12 / Non-Member: \$18



JUNIOR PROGRAM

For questions please call the tennis center at 425-778-3546 X 3