

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>Singles</u> 3.0 and up Andy	<u>Stroke Production</u> Andy	<u>Offense/Defense</u> Andy	<u>Tameishi</u> 3.0 Drills Andy	<u>Bailey</u> 3.0 Drills Andy	<u>Breakfast Club</u> Eric	
11:00-12:30 AM/PM	<u>Brodersen</u> 3.5 Drills Andy	<u>Huff</u> 3.5 Drills Andy	<u>Stroke Production</u> 3.0 - 4.0 Andy	<u>Stroke Production</u> 3.0-4.0 Andy	<u>Yeigh</u> 2.5 Drills Andy	<u>Beginners</u> 11-12PM Micah	
12:30-2:00 PM							
2:00-3:30 PM							
6:30-8:00 PM	<u>Doubles Strategy</u> 3.0 and up Eric	<u>Skills & Drills</u> 3.0 and up Eric	<u>3.0 Ladies Workout</u> Closed Group Pepe	<u>Beginners</u> 6:30-7:30PM Court 8 Megan			
8:00-9:00 PM							

Adult Group Tennis Class Descriptions

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) PLUS TAX

Breakfast Club:

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

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: \$20 PLUS TAX

Doubles Strategy:

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

Skills & Drills:

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

Beginners:

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

3.0 Ladies Workout:

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

Offense/Defense:

- Emphasis on 1st and second serve and serve return
- Taking control of the point
- Using Lobs and Overheads