

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>Groundstrokes/Return of Serve</u> Andy	<u>Stroke Production</u> Andy	<u>3.5/4.0 Workout</u> Andy	<u>Stroke Production</u> Andy			
11:00-12:30 AM/PM	<u>Stroke Production</u> Andy	<u>Offense/Defense</u> Andy	<u>Stroke Production</u> Andy	<u>Groundstrokes/Return of Serve</u> Andy			
12:30-2:00 PM							
2:00-3:30 PM							
6:30-8:00 PM		<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:

- Emphasis on grips, technique, footwork, spin, targets and execution of volleys, return of serve and serve.
- Will use ball machine to drill our new skills. Goal is to hit 500-750 balls during 90 minutes!
- Very specific on underspin and topspin skill development.
- Cost: Member: \$24 / Non-Member: \$28 (Drop In) PLUS TAX

3.5/4.0 Workout:

- Must be rated at least a 3.5 to participate.
- Class will be a combination of the other 3 classes offered.
- Cost: Member: \$24 / Non-Member: \$28 PLUS TAX

Skills & Drills:

- Focus: Learning different strokes & specialty shots
- Skill Level: 3.0 and Up
- Cost: Member: \$24 / Non-Member: \$28 PLUS TAX

Beginners:

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

Groundstroke/Return of Serve(ROS)

- Groundstroke technique for singles and ROS doubles.
- Topspin and underspin(slice) will be emphasized and perfected. Will Make opponents pay for giving you short ball and weak 2nd serve
- Cost: Member: \$24 / Non-Member: \$28 PLUS TAX

Offense/Defense:

- High volleys, overheads, topspin and slice. How to use and defend them.
- Class will be mainly OFFENS, with a little defense added in depending on the skill acquired on Offense.
- Cost: Member \$24 / Non-Member: \$28 PLUS TAX

*****No Summer camps this year. We will offer these classes each week (except July 1st-4th) and you can make your own camp depending on your availability and willingness to work on your game. The big idea is to improve your skills through repetition. Use these classes and the time you have in the summer to dedicate yourself to adding skills and specific shots to your game. The goal for every class is to hit between 500-750 balls every 90 minutes. All of these classes are designed to help you win more CUP and USTA matches based on the trends we have seen in previous matches. We know there are many options in the summer for outdoor tennis and other summer programs. Please consider supporting Harbor Square as much as possible.**