

Harbor Square

ATHLETIC CLUB

Adult Schedule – Fall 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 AM							
8:00-9:30 AM							
9:30-11:00 AM	<u>Challenge</u> 9-10:30am Andy	<u>Rainier 1</u> 9-10:30am Andy	<u>Classic 1</u> 9-10:30am Andy	<u>Emerald 1</u> 9-10:30am Andy	<u>Evergreen</u> 9-10:30am Andy	<u>Breakfast Club</u> Micah	
11:00-12:30 AM/PM	<u>Rainier 2</u> 10:30-12pm Andy	<u>Classic 2</u> 10:30-12pm Andy	<u>Stroke Production</u> 10:30-12pm Andy	<u>Emerald 2</u> 10:30-12pm Andy	<u>Stroke Production</u> 10:30-12pm Andy	<u>Beginners</u> 11-12pm Megan/Erin	
12:30-2:00 PM							
6:30-8:00 PM	<u>Double Trouble</u> 3.0 and up Megan and Erin	<u>Skills & Drills</u> 3.0 and up Megan and Erin	<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: \$24 / Non-Member: \$28 (Drop In) PLUS TAX

Breakfast Club:

- Focus: Doubles Drills
- Skill Level: 3.0-4.0
- Cost: Member: \$25 / Non-Member: \$28 (Drop In) PLUS TAX

Cups 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: \$26 PLUS TAX

Doubles Trouble:

- 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: \$24/ Non-Member: \$28 (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 Pepe
- Skill Level: 3.0
- Cost: Member: \$20 / Non-Member: \$24 PLUS TAX