

# 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	<b><u>CHALLENGE</u></b>  Andy	<b><u>RAINIER</u></b> 9-10:30 Andy	<b><u>CLASSIC</u></b> 9-10:30 Andy	<b><u>STROKE PRODUCTION</u></b> 9-10:30 Andy	<b><u>2.5 DROP IN</u></b> 9-10:30 Andy	<b><u>Breakfast Club</u></b>  Micah	<b><u>Sunday Funday</u></b>  Brock
11:00-12:30 AM/PM	<b><u>RAINIER</u></b>  Andy	<b><u>EMERALD</u></b> 10:30-12 Andy	<b><u>CLASSIC</u></b> 10:30-12 Andy	<b><u>EMERALD</u></b> 10:30-12 Andy	<b><u>STROKE PRODUCTION</u></b> 10:30-12 Andy	<b><u>Beginners</u></b> 11-12PM Erin	<b><u>Beginners</u></b> 11-12PM Brock
12:30-2:00 PM							
2:00-3:30 PM			<b><u>SENIORS</u></b>  Lou				
6:30-8:00 PM	<b><u>Skills and Drills</u></b>  Micah	<b><u>Double Trouble</u></b>  Megan/Erin		<b><u>MEN'S NIGHT</u></b>  Nick			
8:00-9:00 PM				<b><u>MEN'S NIGHT</u></b>  Nick			

## Adult Group Tennis Class Descriptions

### Breakfast Club:

- 3.0 and above
- Fast paced and high energy class working on both singles and doubles.
- Drill covers court positioning, strategy, point play as well as technique in all shots (serve, volley, overhead and groundstrokes).
- Great class for a lot of reps. Come ready to sweat and have fun!!!!
- Cost: Member: \$25 / Non-Member: \$28 (Drop In) PLUS TAX

### Double Trouble:

- 3.0 and above
- Designed to put you in doubles match play situations and the tools you need to compete.
- Focus on doubles cardio, movement, strategy and positioning that you will need to beat various playing styles.
- What to do against any kind of strategy
- Will break down situations and have answers to anything that comes your way.
- Cost: Member: \$25 / Non-Member: \$28 (Drop In) PLUS TAX

### Skills and Drills:

- Fast Paced and high energy drilling class working on both singles and doubles
- Drill cover: court positioning, strategy, point play, and technique in all shots (Serve, volley, overhead and groundstrokes).
- Great class for a lot of reps. Come ready to sweat and have fun!!!
- Cost; Member: \$25 / Non-Member: \$28 (Drop in) PLUS TAX

### Beginners:

- Designed for beginner adults at all levels
- Players will learn the fundamentals and techniques of the game
- Learn how to properly rally at a slow pace and be able to hit against the ball machine for all strokes
- Learn basic grip variations for all tennis strokes
- Cost: \$15 for Member and Non-Members (Drop in) PLUS TAX

### Stroke Production:

- Stroke technique, strategy and weapon development for skill level 3.0 and higher.
- Ball machine drills, strategy games and situational drills
- You will hit a lot of balls in this class
- Cost: Member: \$25 / Non-Member: \$28 (Drop In) PLUS TAX

### Sunday Funday:

- Open to all level players
- Focus on stroke mechanics along with faster paced situation drills for both singles and doubles
- Cost: Member: \$25/Non-Member: \$28

**Any questions contact Andy Jansen at [andy@harborsquare.com](mailto:andy@harborsquare.com)**