



# TOLUCA LAKE

## TENNIS & FITNESS CLUB

### GROUP TENNIS LESSONS/DRILL CLINICS SCHEDULE

FALL 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						9:00-10:30 a.m. <b>4.0 Clinic</b> Advanced Danny	
						10:30-11:30 a.m. <b>3.0 Clinic</b> Adv. Beg.-Inter. Danny	10:00-11:30 a.m. <b>Intermediate</b> 3.0-3.5 Andrew
<b>AFTERNOON/EVENING</b>		3:30-4:30 p.m. <b>JR. Tennis Clinic</b> Beg./Adv. Beg. Kika/Andrew	3:30-4:30 p.m. <b>JR. Tennis Clinic</b> Beg./Adv. Beg. Kika/Andrew				11:30 a.m.-12:30 p.m. <b>Point Play Plus</b> M 3.5+ & W 4.0 Andrew
			3:30-4:30 p.m. <b>JR. Tennis Clinic</b> Intermediate Ben	3:30-4:30 p.m. <b>JR. Tennis Clinic</b> Intermediate Ben		<b>GROUP LESSON RATES</b> <b>Members:</b> \$25 for 1 class 5 classes for \$120 (\$24 each) 10 classes for \$230 (\$23 each)  <b>HOURS OF OPERATION</b> Monday thru Thursday: 6 a.m. - 10 p.m. Friday: 6 a.m. - 9 p.m. Saturday & Sunday: 7 a.m. - 7 p.m.  <b>There is a 24 hour cancellation policy.</b> <b>Space is limited, sign up at the front desk or call 323.851.6000 to reserve your spot!</b>	
	4:00-6:00 p.m. <b>JR. Tennis Clinic</b> Adv. Tourney Level Ben	4:00-6:00 p.m. <b>JR. Tennis Clinic</b> Adv. Tourney Level Ben/Eric	4:30-6:00 p.m. <b>JR. Tennis Clinic</b> Inter./Sat. Tourney Level Ben	4:30-6:00 p.m. <b>JR. Tennis Clinic</b> Inter./Sat. Tourney Level Andrew	4:00-6:00 p.m. <b>JR. Tennis Clinic</b> Tourney Level Ben/Chris		
	6:00-6:30 p.m. <b>FREE w/ups!</b> Chris	6:30-8:00 p.m. <b>Intermediate</b> 3.5 Andrew	6:30-8:00 p.m. <b>Advanced</b> 4.0-4.5 Winston				
6:30-8:00 p.m. <b>Intermediate</b> 3.0-3.5 Chris		8:00-9:30 p.m. <b>Intermediate+</b> 3.5-4.0 Winston					

**ADVANCED:** Get ready to run, work and sweat as our Pro puts you through the ringer! Bang balls from the baseline, chip and charge your way to net, and/or try to keep up with the fast-paced action of live ball! This 90-minute class is limited to 8 people. (\$25 for members, \$30 for guests.)

**NOTE:** Instructor reserves the right to place you in a more appropriate class if necessary.

**FREE WARM UP CLINIC!:** Come on down and try out a free drill clinic with Chris. Hit some groundies, get your feet moving and take advantage of this "economically viable" bailout package! If you like it and need some more action, stay for his 6:30-8 pm class. Offered Mondays at 6 p.m.

**INTERMEDIATE:** 3.0 and 3.5 levels welcome for a fun workout, including drills, footwork and games. This is a 90-minute class and is limited to the first 8 players who sign up. Offered Mondays at 6:30 p.m. and Sunday mornings at 10 a.m. (\$25 for members, \$30 for guests.) **NOTE:** Instructor reserves the right to place you in a more appropriate class, if necessary.

**INTERMEDIATE +:** Calling all 3.5s and 4.0s, step right up and don't be shy! Come out for some cardio fun while working on forehands, backhands, smashes and serves - you know, the essentials to help you build your arsenal as you take the next step in the world of competitive tennis. These 90 minute classes will help you on all your strokes and even arm you with some all-important strategic tips. Classes limited to the first 8 people who sign up. (\$25 for members, \$30 for guests.)

**NOTE:** Instructor reserves the right to place you in a more appropriate class, if necessary.

**ADV. BEG./3.0:** This 60-minute class is for advanced beginners looking to learn the basics. Our Pro will teach you the proper grips for forehands, backhands, volleys and serves. This class is limited to 6 people (\$25 for members, \$30 for guests.)

**JUNIOR TENNIS CLINICS (Beg./Adv. Beginner):** Offered Tuesday & Wednesday from 3:30-4:30 p.m. These are for beginners and advanced beginners still learning the game, best for ages 6-11. Only \$20 per workout!

**JUNIOR TENNIS CLINICS (Intermediate):** Offered Wednesday & Thursday from 3:30-4:30 p.m. For Intermediate and above 10-14 year olds who have begun competing in tournaments and USTA Jr Team Tennis league play. Only \$20 per workout!

**JUNIOR TENNIS CLINICS (Inter./Sat. Tourney Level):** Offered Wednesday and Thursday from 4:30-6:00 p.m. and Friday from 4:00-6:00 p.m. For Intermediate and above 10-14 year olds who have begun competing in tournaments and USTA Jr Team Tennis league play. Only \$30 for the 2-hour class and \$25 for the 1.5-hour classes!

**JUNIOR TENNIS CLINICS (Adv. Tourney Level):** Offered Monday, Tuesday and Friday from 4:00-6:00 p.m. These are team practices for our advanced players and are by invitation only. Contact Ben for more information. Only \$30 for this 2-hour class!

**POINT PLAY PLUS:** Get ready for a cardio workout you're sure to love. Train like the pros as our pro guides you through an exciting hour of dynamic stretches and fast-paced drills and games that get your heart pumping, your feet moving and groundies groovin'! All levels welcome. (\$25 for members, \$30 for guests.) **NOTE:** Instructor reserves the right to place you in a more appropriate class, if necessary.

## ARE YOU IN?