

ADULT TENNIS PROGRAMS

Fall 2017-Winter 2018

classes run monthly - unless stated below



FIVE SEASONS
FAMILY SPORTS CLUB
Many Hearts. One Beat.

New - Friends and Family

Learn the basics for FREE this introductory 5-week program! (Rally, Serve, Volley). This new program is designed for groups of 4 to 6 players. We match up our pros and your availability. You bring the group and the fun begins. All players must be first time players. **Cost: Free 5 week program.**

Start / Restart

Mon. 11:30 - 12:30 pm, Thurs. 6 - 7 pm, Sat. 2 - 3 pm

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Drill and Play

Our drill and play clinics consist of weekly themed practices with emphasis on doubles tactics, strategy and situational points play. **Drill for an hour and then play for thirty minutes.**

Women	Men	Mixed Drill
2.5 Thurs. 9:00-10:00 am	3.0 Tues. 7:30-9:00 pm	2.5-3.0 Tues. 6:00-7:30 pm
3.5 Thurs. 7:00-8:30 pm	3.5-4.0 Wed. 6:30-8 pm	
3.5-4.0 Wed. 12-1:30 pm Fri. 9-10:30 am		

Cost: 1 hour drill \$65 per month for one day a week or \$18 drop in rate each time

Cost: 1.5 hour drill \$80 per month for one day a week or \$25 drop in rate each time

Cardio Tennis

Mon. 6 - 7 pm, Wed. 6 - 7 pm, Sat. 10 - 11 pm

Cardio Tennis is a high energy tennis class that combines the best features of tennis with cardio vascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Come ready to run and have fun.

Cost: \$40 per month for one day a week or \$12 drop-in each time

Fast Tennis

Friday 10:30 - 11:30 am

A higher more intense, calorie-burning aerobic version of Cardio Tennis. **Cost: \$40 per month or \$12 each time.**

Stroke of the Month

First Thursday of every month from 6-7 pm

First thursday of every month. The pros will teach a specific stroke designed to help your technique, tactics and strategy.

Cost: \$15 per class

Senior Drill

Mon. 9 - 10:30 am, Wed. 2 - 3:30 pm, Fri. 2 - 3:30 pm

Designed for those that want a good workout, along with learning new strategies and tactics in a social environment.

Cost: \$80 per month for one day a week or \$25 drop-in each time.

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Seasonal Court Time

September 4 - December 24 (16 weeks)

If you are looking for seasonal court time please email: **Kurt Kopp42@gmail.com**, please list:

- The time and day you are requesting
- How many courts you need
- Your complete Roster Sheet
- How many weeks you will be playing
- Do you need the club to provide tennis balls

Cost: Call Kurt to confirm your seasonal cost. 848-9217

Program Registration - (see details of programs on other side)

player name

Member # or print NM for non member

Check box of Program you are taking **plus** please write in the **Day** and **Time** on the line

- Start Restart _____
- Drill and Play _____
- Cardio Tennis _____
- Fast Tennis _____
- Stroke of the Month _____
- Senior Drill _____
- New Friends and Family _____
- Other _____

Please let us know in advance, if you are going to stop taking a monthly program. This will help us confirm that you should not be automatically billed for the next month.

LEARNING

- We subscribe to a mentality of getting better every day.
- Private adult instruction.
- Monthly technical and strategic learning opportunities.

SOCIAL

- We offer various events every month ranging from socials, adult doubles tournaments and free clinics to encourage an abundance of social play.

COMPETITIVE

- Our most competitive players use a three day model (team practice, match, and small private group).
- We have fun and compete! Each individual team helps to set their priorities for every session.

If you have any questions about Adult Programs please contact
Kurt Kopp at 937-848-9217 or at kkopp42@gmail.com

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www.FiveSeasonsSportsClub.com