



Leisure Services Department **Parks and Recreation**

SANLANDO PARK

ADULT TENNIS LESSONS

To self assess your starting point, below are some general guidelines.

Beginner: Someone who has not played or has played very little. Does not have ability to rally 3 or 4 balls back and forth. *Class focus...*racquet grips, proper strokes and developing short rallies.

Intermediate: Someone who can rally 3 to 4 balls back and forth and has basic understanding of basic grips and strokes. *Class focus...*developing consistency, introducing shot selection and court positioning.

Advanced & Strategy: Someone who has the ability to keep a rally going with a good understanding of strokes, control and shot selection. *Class focus...*point play and game situations.

Drop-in Programs



Round Robin tennis is a social mixer where men and women of varying skill levels come to share their love of tennis. Participants need to know how to serve, rally, keep score and understand the basics of doubles strategy.



Cardio Tennis class has music & a fun group atmosphere that can provide a workout to improve your fitness & your tennis skills. We have various classes to fit a variety of abilities/skill levels.

CARDIO TENNIS (Doubles Play)

Monday, Tuesday, Thursday @ 7-8pm & Saturday @ 9-10am

ADVANCED CARDIO TENNIS (Singles Play)

Wednesday @ 7-8:30pm

See back of flyer for Lessons and Programs schedules & pricing.

2022 LESSONS SCHEDULE

Session 2 (8wks): March 3rd through April 30th

Adult Beginner

| Online Code | DAY | TIME | PRICE | SESSION DATES |
|-------------|-------------|------------------|-------|-------------------|
| 120301_04 | Thurs. (AM) | 9:00am - 10:00am | \$63 | Mart. 3 – Apr. 28 |
| 120301_05 | Thurs. (PM) | 7:00pm - 8:00pm | \$72 | Mart. 3 – Apr. 28 |
| 120301_06 | Saturday | 9:00am - 10:00am | \$72 | Mart. 5 – Apr. 30 |

Adult Intermediate

| Online Code | DAY | TIME | PRICE | SESSION DATES |
|-------------|-------------|-------------------|-------|-------------------|
| 120302_04 | Thurs. (AM) | 10:00am - 11:00am | \$63 | Mart. 3 – Apr. 28 |
| 120302_05 | Thurs. (PM) | 7:00pm - 8:00pm | \$72 | Mart. 3 – Apr. 28 |
| 120302_06 | Saturday | 10:00am - 11:00am | \$72 | Mart. 5 – Apr. 30 |

Adult Advanced

| Online Code | DAY | TIME | PRICE | SESSION DATES |
|-------------|----------|-------------------|-------|-------------------|
| 120303_02 | Saturday | 11:00am - 12:30am | \$91 | Mart. 5 – Apr. 30 |

Adult Advanced Strategy

| Online Code | DAY | TIME | PRICE | SESSION DATES |
|-------------|-------------|------------------|-------|-------------------|
| 120304_02 | Thurs. (AM) | 9:00am - 10:30am | \$104 | Mart. 3 – Apr. 28 |

No Lessons on Thursday, April 21st ; Saturday, Apr. 23rd ;
Thursday (AM), Apr. 28th

| Drop-In Programs | DAYS | SESSION | TIME | PRICE |
|-----------------------------|----------------------------------|------------|----------------|-------|
| Cardio Tennis | Mon, Tues, Thurs Doubles Play | Continuous | 7:00pm-8:00pm | \$6 |
| Cardio Tennis (Advanced) | Wednesday Singles Play | Continuous | 7:00pm- 8:30pm | \$9 |
| Cardio Tennis | Saturday Doubles Play | Continuous | 9:00am-10:00am | \$6 |
| ROUND ROBIN | Monday & Wednesday | Continuous | 7:00pm-9:00pm | \$5 |