



## **2019 FALL ADULT TENNIS PROGRAM: September 3 – closing**

*Class size is limited! Priority will be given to those registering for the full session. Classes are available on a drop-in basis w/NO term commitment.*

**15 % DISCOUNT** will apply when registering for the entire session, MAKE-UPS may be available\*

Sign up for weekly clinics with Brian at [bratzlaff@fawnlakecc.com](mailto:bratzlaff@fawnlakecc.com)

### **ADULT CLINIC/DRILL: Friday Morning: 9:00-10:30am, Tuesdays 7:00-8:30pm**

**Drop-In:** Member: \$20

Non-Member: \$30

A different stroke will be emphasized each week. After a brief warm-up period, one or two drills on that stroke will be introduced, followed by point or match play.

### **BALL MACHINE DRILLS: Wednesdays 6:30- 7:30 pm**

Hit hundreds of balls under the supervision of FLCC Tennis Director, Brian Ratzlaff USPTA. Emphasis is on technique, sound footwork and conditioning. Class is designed for players 3.0 and above.

**Drop-In:** Member: \$15

Non-Member: \$25

### **CARDIO TENNIS**

**Wednesday and Saturday Mornings: 9:00-10:00am**

**Thursday Night: 7:00-8:00pm**

**Drop-In:** Member: \$15

Base rate: \$25

Drills and games are designed to promote movement, fun, and learning. Emphasis is on aerobic exercise. As much instruction as possible is offered, while still allowing for a fast-paced, flowing clinic.

*If the pace is too slow, let me know. If the pace is too fast, too bad.*

*Seriously: If the workout is too intense let me know. Feel free to modify by slowing down, doing fewer reps, etc...*

**STROKE OF THE WEEK: Thursday Night: 6:30-7:00pm** FREE with paid CARDIO

**Week One:** Forehand (Topspin and Slice)

**Week Two:** Serve

**Week Three:** Net Game

**Week Four:** Specialty Shots

**Drop-In:** Member: \$8

Base rate: \$12

A specific stroke or strategy that will be focused on each week. Emphasis is on developing basic stroke production, grips, early preparation, point of contact and follow through. This class is FREE for those with paid CARDIO attendance

**PRIVATE INDIVIDUAL & GROUP LESSONS:** Outside of our open lesson offering, private and individual group lessons may be formed. Pick your group, your topic of instruction, your day and time. *see private rate sheet*

**HITTING SESSIONS:** No instruction, simply rally, drill or play with the pro. See private lesson rate sheet

**FREE LESSONS:** Each time you participate in a paid lesson program you will be entered in a monthly drawing for a FREE 30- minute private lesson, one-hour ball machine rental or a 60 or 90- minute group lesson.

\*MAKE-UPS are a courtesy offered by the professional staff and are not guaranteed. Six hours prior notice must be given when canceling a lesson to be *eligible* for a make-up class. This allows for others who have missed a class, or on a waiting list. the opportunity to attend in your place. No shows and late cancels may forfeit that class. See pro for details.

\*\* Participants