

# West Central Adult Tennis Program



MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
9am – 10:30am LEVEL BOOSTER USTA 2.5 – 3.0	8:30am – 10am SITUATIONAL SINGLES USTA 2.5 – 3.0	8:30am – 10am LADIES GRAND SLAM USTA 2.5 – 3.5	7pm – 8pm Cardio Tennis USTA 2.5 – 3.5	7pm – 8pm Cardio Tennis USTA 2.5 – 3.5	9am – 10:30am LEVEL BOOSTER USTA 3.0 - Down
6pm – 7:30pm 41/105 USTA 2.5 – 3.5	7pm – 8pm Cardio Tennis USTA 2.5 – 3.5	7pm – 8:30pm Adult Match Play USTA ALL LEVELS	7pm – 8pm Cardio Tennis USTA 2.5 – 3.5	7pm – 8:30pm Adult Match Play USTA ALL LEVELS	10:30am – 12pm LEVEL BOOSTER USTA 3.0 - Up

**Level Booster** is a stroke refinement class that will challenge your game through large volume live ball hitting. Polish your tennis game with variety of drills, and games with mild technical input.

**Cardio Tennis** is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool-down phases. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try this.

**Ladies' Grand Slam** is program is the perfect opportunity to get better at little details that help you win more matches. The sessions are designed to cover elements of the game to help you improve your point play. The structure of drills is challenging, exciting and fast paced.

**41** is a Doubles Game, fast paced, unique scoring to 41 points. The entire game is based on playing doubles points 2 at the net, 2 on the baseline. This game has to have 4 players per court.

**Rapid Fire** is a very fast paced drill. It is more of a combination of Cardio Tennis and Level Booster where you play a lot of point play with movement element. Let's say you will be needing a towel and a water bottle!

**Shot of the Day** is a drill designed around one specific shot of that day. The class will focus on technique of a shot with progression into live ball stringing of the same shot, and eventually into a point play using the same shot – all in one class.

**Situational Singles** is EVERYTHING about playing singles point better. You will improve your positioning, movement, ball striking, decision making and overall understanding of the singles game.

**For more Information**

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