

2010 ADULT INSTRUCTIONAL PROGRAMS AND SCHEDULE

3 STEPS TO SUCCESS AND FUN 8 WEEK SESSION

Step 1

Beginner Tennis: 8 weeks of good basic work on all tennis strokes and playing rules.

Step 2

Stroke Development: 8 weeks for those just out of the beginner class or with a little playing experience who want to become more proficient.

Step 3

Drill Class: For 1 1/2 hours, our pro staff will push players through a series of drills. Hitting hundreds of balls, players will be solidifying their strokes and learning how, when and where to apply them. Ideal as a third step in our teaching program, for those getting back after a layoff, or for a more proficient player wanting consistent instruction.

A Class for Everyone

Cardio Tennis: For those who want a high cardio exercise and to work on their tennis strokes. Though limited in instruction, this class provides a high intensity work out along with hitting hundreds of balls. All levels are welcome.

CLASSES BEGIN WEEK OF AUGUST 30TH

Beginner Tennis 8 Week Session \$108

Mon 8:00 - 9:00am Tues 7:00 - 8:00pm
Wed 10:30 - 11:30am Thurs 7:00 - 8:00pm
Fri 8:00 - 9:00am Sat 9:00 - 10:00am

Stroke Development 8 Week Session \$108

Mon 10:30 - 11:30am Tues 7:00 - 8:00pm
Wed 9:30 - 10:30am Thurs 9:00 - 10:00am
Thurs 7:00 - 8:00pm Sat 8:00 - 9:00am

Drill Classes 8 Week Session \$162

Mon 10:30 - Noon Mon 7:00 - 8:30pm
Tues 7:00 - 8:30pm Wed 7:00 - 8:30pm
Fri 10:30 - Noon Sat 9:00 - 10:30am

Cardio Tennis 8 Week Session \$108

Tues 10:30 - 11:30am Wed 7:00 - 8:00pm
Thurs 7:00 - 8:00pm Sat 8:00 - 9:00am



CLASSES ARE OPEN TO BOTH MEMBERS AND NON-MEMBERS

Non-Members pay a \$30 additional fee
per 8 week session.

All players sign up at the front desk.
If you have any comments or questions,
contact Roger or any of our tennis staff
at 480 998-3388.



LA CAMARILLA
RACQUET, FITNESS & SWIM CLUB

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