

# Adult Lessons

Class	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Aug/Sept	Oct	Nov
Cardio Tennis	Sun	3.0-3.5	8-9a	Day	WH	Coed	6	\$ 52.50	\$ 70.00	\$ 70.00
Doubles Strategy	Mon	3.5	11:30-12:45p	Day	WH	Coed	4	\$ 121.00	\$ 121.00	\$ 151.25
Tennis Now	Tue	2.5	12:45-2p	Day	WH	Coed	4	\$ 151.25	\$ 121.00	\$ 151.25
Doubles Drills	Wed	3	9-10:30a	Day	WH	Coed	4	\$ 180.00	\$ 144.00	\$ 144.00
Stroke and Strategy	Thur	3.0-3.5	9-10:30a	Day	WH	Coed	4	\$ 144.00	\$ 180.00	\$ 108.00
City League Practice	Mon	I Team	9-10:15a	Day	WH	W	8	\$ 121.00	\$ 121.00	\$ 151.25
City League Practice	Mon	G & F Team	10:15-11:30a	Day	WH	W	12	\$ 121.00	\$ 121.00	\$ 151.25
Stroke and Strategy	Wed	2.5	6-7:30p	Eve	WH	Coed	8	\$ 180.00	\$ 144.00	\$ 144.00
Cardio Tennis	Wed	3.0-3.5	6-7p	Eve	WH	Coed	6	\$ 87.50	\$ 70.00	\$ 70.00
Doubles Drills	Wed	3.0	7-8:15p	Eve	WH	Coed	4	\$ 151.25	\$ 121.00	\$ 121.00
Foundation	Wed	2.5-3.5	7:30-8:30p	Eve	WH	Coed	4	\$ 120.00	\$ 96.00	\$ 96.00
Singles Drills	Thur	3.0-3.5	6-7p	Eve	WH	Coed	4	\$ 96.00	\$ 120.00	\$ 72.00
Doubles Drills	Thur	3.0-3.5	7-8:15p	Eve	WH	Coed	4	\$ 121.00	\$ 151.25	\$ 90.75

Class	Pro	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Aug/Sept	Oct	Nov
Tennis Now 101	GS	Su	2.0/2.5	10:15-11:30	Day	MP	Coed	6	\$66.00	\$88.00	\$88.00
Tennis Now 101	GS	F	2.5	10:15-11:30	Day	MP	Coed	6	\$88.00	\$110.00	\$66.00
Tennis Now 301	GS	Tu	3.0+	10:15-11:30	Day	MP	Coed	6	\$110.00	\$88.00	\$88.00
Tennis Now 301	MA	Th	3.0+	10:15-11:30	Day	MP	Coed	6	\$88.00	\$110.00	\$66.00
City League J/K Team	HO	M	J/K	10:15-11:30	Day	MP	W	6	\$88.00	\$88.00	\$110.00
City League E Team	MA	Tu	E	9:00-10:15	Day	MP	W	6	\$110.00	\$88.00	\$88.00
Stroke of the Week	MC	F	3.0+	10:15-11:30	Day	MP	Coed	6	\$88.00	\$110.00	\$66.00
Stroke & Strategy	HO	Tu	3.5	6:00a-7:00a	Day	MP	Coed	6	\$87.50	\$70.00	\$70.00
Stroke & Strategy	GS	Su	3.0/3.5	4:30-5:45	Day	MP	Coed	6	\$66.00	\$88.00	\$88.00

See Tennis Director or Staff Pros regarding individually arranged daytime group lessons

Tennis Now 201	GS	M	2.5	7:15-8:30	Eve	MP	Coed	6	\$88.00	\$88.00	\$110.00
Stroke & Strategy	HO	Th	3.0	7:15-8:30	Eve	MP	Coed	6	\$88.00	\$110.00	\$66.00
Tennis Now 301	MC	M	3.0	7:00-8:15	Eve	MP	Coed	6	\$88.00	\$88.00	\$110.00
The Move Class	GS	Th	3.0/3.5	7:15-8:30	Eve	MP	Coed	6	\$88.00	\$110.00	\$66.00
Stroke & Strategy	MC	Tu	3.0/3.5	6:45-8:00	Eve	MP	Coed	6	\$110.00	\$88.00	\$88.00
Stroke & Strategy	AP	Th	3.0/3.5	6:00-7:15	Eve	MP	W	6	\$88.00	\$110.00	\$66.00
Stroke & Strategy	HO	Tu	3.5/4.0	6:45-8:00	Eve	MP	M	6	\$110.00	\$88.00	\$88.00
Stroke & Strategy	AP	Th	3.5/4.0	7:15-8:30	Eve	MP	M	6	\$88.00	\$110.00	\$66.00
Stroke & Strategy	HO/MK	M	3.5/4.0	6:00-7:15	Eve	MP	M	12	\$88.00	\$88.00	\$110.00
Stroke & Strategy	GS	Tu	3.5/4.0	6:45-8:00	Eve	MP	W	6	\$110.00	\$88.00	\$88.00
Stroke & Strategy	HO	M	4.0/4.5	7:15-8:30	Eve	MP	Coed	6	\$88.00	\$88.00	\$110.00

WEST HILLS

MOUNTAIN PARK

## FALL TERM 2020 TENNIS LESSONS

August 31 - September 30 | No lessons 5 - 7  
October 1 - 31  
November 1 - 30 | No lessons 26 - 29

- Participants will be signed up automatically for all 3 months
- Minimum 4 participants to hold classes
- Prices based on 4 person group lesson rates (WH only)

Questions?

WH | dave.edwards@whrffc.com

MP | roger.mckee@mprctennis.com

REGISTER VIA  
YOUR  
WAMCLUB APP  
OR ONLINE AT  
WAMCLUBS.COM



## ADULT TENNIS LESSON CLASS DESCRIPTION

### FOUNDATION

This class focuses on the fundamentals of all strokes. The specific focus is on correct form, grips, and proper footwork for each stroke. The ball machine will be used as well as feeding to improve your technique. Great class for level 2.5-4.0 players who want to improve their strokes!

### TENNIS NOW!

Are you new to the game? Coming back after a layoff or career?

Tennis Now! gets you back on the court hitting tennis balls and getting great exercise.

Racquets provided , access to the ball machine practice included as well as the opportunity to meet other players!

### STROKE OF THE WEEK

Ready for stroke technique in a group lesson setting? This is your class!

The weekly sequence of technique training will include:

Groundstrokes | Net play, volleys & overhead | Combination shot sequence

Oh yes, footwork included!

### CARDIO TENNIS

Get ready to move on the court and get your workout for the day!

Bring your heart rate device - track your heart rate, recovery rate & mileage .

Music on the court adds to the fun!

### THE MOVE CLASS

Get ready to move on the court and get your workout for the day! Bring your heart rate device track your heart rate, recovery rate & mileage .

### STROKE AND STRATEGY

Enjoy fast-paced drills to improve your technique, footwork, shot selection and strategy.

### SINGLES STRATEGY

Learn the finer points of singles play in this class.

Single tactics, strategies and learning how to maximize your strengths in match play are focus....along with a great workout!

### CITY LEAGUE TEAM PRACTICE

This class includes the following focus:

Competition games | Tactics and strategies in double play | Serving | Point play

Sign up with your partner or individually.

The pro staff will have you ready to go for your upcoming city league match!

### DOUBLES DRILLS | DOUBLES PATTERNS | MATCH PLAY

Learn the finer points of doubles play.

Practice drills that repeat shot sequences and placement that will give you greater confidence in your match play. This class is great for the City League and USTA player!