

Adult Tennis Schedule & Cost

Winter Term 2018 -2019

WEST HILLS AND MOUNTAIN PARK

Class participants will be AUTOMATICALLY signed up for 3 months

December 1-21, January 7-31, February 1-28 (no lessons Dec. 22- Jan. 6)



MOUNTAIN PARK RACQUET & FITNESS CLUB

Class	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Dec. Prices	Jan. Prices	Feb. Prices
Tennis Now	Su	2.5/3.0	11:30-12:30	Day	MP	Coed	6	\$52.50	\$52.50	\$70.00
Tennis Now	Th	2.5/3.0	10:15-11:15	Day	MP	Coed	6	\$52.50	\$70.00	\$70.00
Cardio Doubles (drop-in)	Su	3.0/3.5	10:00-11:00	Day	MP	Coed	8	\$15/class	\$15/class	\$15/class
Cardio Doubles (drop-in)	T	3.0/3.5	9:15-10:15	Day	MP	Coed	8	\$15/class	\$15/class	\$15/class
Stroke & Strategy	Th	3.0/3.5	6:00-7:00am	Day	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke of the Week	F	3.0/4.0	10:15-11:15	Day	MP	Coed	6	\$52.50	\$52.50	\$70.00
Stroke & Strategy	T	3.5	6:00-7:00am	Day	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	Sa	3.5/4.0	9:00-10:00	Day	MP	M	6	\$52.50	\$52.50	\$70.00
City League Practice	M	J/K teams	10:15-11:15	Day	MP	W	6	\$52.50	\$70.00	\$70.00
City League Practice	M	G/H teams	11:30-12:30	Day	MP	W	6	\$52.50	\$70.00	\$70.00
City League Practice	T	D/E teams	10:45-11:15	Day	MP	W	6	\$52.50	\$70.00	\$70.00
Tennis Now	M	2.0/3.0	7:00-8:00	Eve	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	T	3.0	6:30-7:30	Eve	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	M	3.0/3.5	6:00-7:00	Eve	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	Th	3.0/3.5	6:00-7:00	Eve	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	T	3.5	6:30-7:30	Eve	MP	M	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	M	3.5/4.0	6:00-7:00	Eve	MP	M	12	\$52.50	\$70.00	\$70.00
Stroke & Strategy	T	3.5/4.0	7:30-8:30	Eve	MP	M	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	Th	3.5/4.0	7:00-8:00	Eve	MP	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	M	4.0	7:00-8:00	Eve	MP	W	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	Th	3.5/4.0	7:00-8:00	Eve	MP	M	6	\$52.50	\$70.00	\$70.00

WEST HILLS RACQUET & FITNESS CLUB

Class	Day	Level	Time	Day/Eve	Location	Gender	Spaces	Dec. Prices	Jan. Prices	Feb. Prices
Tennis Now	T	2.0	12:30-1:30	Day	WH	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	Th	3.0	9:00-10:30	Day	WH	Coed	6	\$77.25	\$103.00	\$103.00
Cardio Reboot Cardio	Su	3.0	8:00-9:00	Day	WH	Coed	8	\$52.50	\$52.50	\$70.00
Double Drills	W	3.0/3.5	9:00-10:30	Day	WH	Coed	6	\$77.25	\$103.00	\$103.00
Cardio Tennis	M	3.0/3.5	12:45-1:45	Day	WH	Coed	8	\$52.50	\$70.00	\$70.00
Singles Strategy	F	3.5	12:00-1:30	Day	WH	Coed	12	\$77.25	\$77.25	\$103.00
Singles Strategy	Su	3.5	9:00-10:30	Day	WH	Coed	5	\$92.25	\$92.25	\$123.00
Cardio Tennis	F	4.0	6:45-7:45am	Day	WH	M	8	\$52.50	\$52.50	\$70.00
City League Practice	M	H/I teams	9:00-10:15	Day	WH	W	20	\$86.25	\$115.00	\$115.00
City League Practice	M	J team	10:15-11:30	Day	WH	W	12	\$86.25	\$115.00	\$115.00
City League Practice	T	C team	9:00-10:15	Day	WH	W	12	\$86.25	\$115.00	\$115.00
City League Practice	T	E team	10:15-11:30	Day	WH	W	12	\$86.25	\$115.00	\$115.00
Tennis Now	W	2.0	6:00-7:00	Eve	WH	Coed	12	\$52.50	\$70.00	\$70.00
Cardio Tennis	W	3.0	6:00-7:00	Eve	WH	Coed	8	\$52.50	\$70.00	\$70.00
Stroke & Strategy	W	3.0/3.5	6:00-7:00	Eve	WH	Coed	6	\$52.50	\$70.00	\$70.00
Stroke & Strategy	W	3.0/3.5	7:00-8:00	Eve	WH	Coed	6	\$52.50	\$70.00	\$70.00
Doubles Patterns	Th	3.5	7:00-8:30	Eve	WH	Coed	6	\$77.25	\$103.00	\$103.00

ADULT TENNIS LESSON CLASS DESCRIPTION

WINTER TERM 2018 - 2019 West Hills and Mountain Park



December 1-21, January 7-31, February 1-28 (no lessons Dec. 22 – Jan. 6)

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 | CARDIO REBOOT | CARDIO MANLY MONDAYS

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!

STROKE AND STRATEGY

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

Expect a great workout!

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!

Registration

Member Registration: Monday, November 12th online via your member account if taking home club classes.

Register for **Junior** lessons beginning @ 7:00pm
Register for **Adult** lessons beginning @ 7:30pm

Registering for reciprocal club classes? Please contact Tennis Directors, Dave at WH or Roger at MP to register.

Dave.edwards@whrhc.com
Roger.mckee@mprctennis.com

Non-member Registration: Monday, November 19th online. Requires creation of a guest account via the online portal.

*Non-member rates are 30% more than listed member price

*Non-member participants are limited to 1 term of lessons. Required to join club in order to continue participating in lessons.

*Terms are nontransferable. If participant joins in the middle of the term the day(s)/month(s) missed cannot roll over into the following term to make up for the missed month(s).

Policy Info

*Group lessons are billed per month; no exceptions or pro rates will be made for absences.

*Cancellations must be made with the appropriate pro 7 days prior to the 1st of the following month.

*All class placements are subject to change per instructor approval.

*Classes require a minimum of 4 participants.

